essence

Essence

People 10
Academics 80
Organizations 128
Sports 178
Patrons 238

East High School

2006

SCARLETS
EAST
HIGH SCHOOL
EAST HIGH SCHOOL

HOME OF THE EAST HIGH SCARLETS

EAST HIGH
SCARLETS
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TOL
DOWN
TO GO ON
TOL
VISITOR
QTR
PEPSI
diet PEPSI
EAST HIGH SCHOOL
EAST

815 East 13th St.
Des Moines, Iowa 50316
(515) 242-7788

the Essence of a Scarlet

Essence: The qualities that make a thing what it is, the basic nature of something." It is the heart, the soul, the core of what we are. As *Scarlets* our qualities set us above the rest. We exude pride, determination, and spirit.

We wear our *PRIDE* on our sleeves. Decking ourselves in red, white, and black we achieve dignity.

Determined in all we do, we strive for excellence. We have the *DETERMINATION* to excel in sports, academics, and organizations.

Our *SPIRIT*, our backbone, cannot be broken. We are a family and support each other in all we do.

The essence of the East High community exceeds all others and that is what makes us proud to be...

Scarlets!

SPIRIT WEEK

Story & Layout By
Sydney Williams & Abby Grover

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1 DOWN 10 TO GO ON 0 QTR 4
PEPSI
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2
SCARLET PRIDE

3
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VISITOR

4

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6

7
Wacky Wednesday

Homecoming at East is a time of spirit, pride, tradition and football. With the return of the dress-up days during Spirit Week and the pep assembly, this year was no different.

Spirit Week kicked off with the first day of the traditional dress-up days. Monday was Team Day where students and faculty wore jerseys, hats, and other paraphernalia to support their favorite sports team.

The week continued with Decade Day, Wacky Wednesday, Famous Person Day, and finally the customary Spirit Day on Friday.

"A lot of kids dressed up," said Student Government Advisor **Samy El Baroudi**. "It was fun seeing students in their costumes."

Friday afternoon, East High spirit was at an all time high as the pep assembly began.

Motivating speeches were given, performances were made, and then it was time for the big moment: the announcement of the 2005 Homecoming royalty.

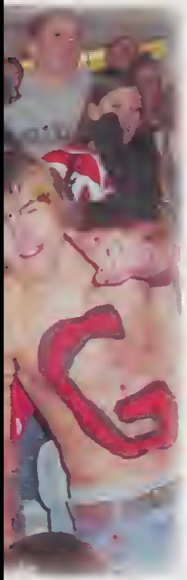
With the lights dimmed and the crowd cheering, winners were announced. **Seashia Vang** and **Tyler Luft** were crowned Queen and King.

A very surprised Vang responded with mixed emotions.

"I didn't think that I was going to win," said Vang. "I was confused and amazed. The flowers were the best part."

That night, students, faculty, and fans flooded the stands to watch the Scarlets slaughter the Hoover Huskies. They did as planned ending with a final score of 38-0… zip, nada, zilch.

"It was one of the best games I've seen," said junior **Ashley Yingst**. "Everyone was cheerin' so loud."



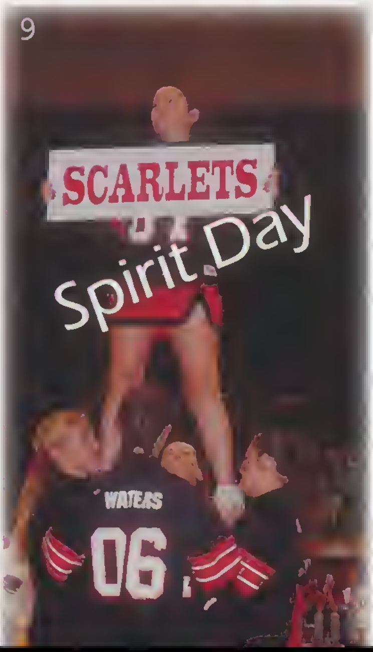
10

11

8

Famous
Person Day

9



1. Final score of the Hoover Vs. East game. 2. **Mrs. Gooch**'s art classes paint the sidewalk at the stadium. 3. Scarlets charge the field as the game begins. 4. Fans in the stands show they are true Scarlets as they freeze in the cold weather. 5. **Robert Fry** represents the Broncos as his favorite team. 6. **Aaron DeGoey** struts his stuff in his 50's poodle skirt. 7. **Ashley Hughes** shows off her crazy side. 8. **Ryan Fitzgerald** saves the day. 9. Cheerleaders get the crowd pumped up. 10. Fans proudly display the Scarlet flag. 11. East boys wear their pride on their chest.

The Essence of Scarlet Fun

By: Jami Bowen

2

"My favorite part of the school year was football season. I love getting all dressed up in black and red and getting all excited for the game. All the students huddling together and cheering from the student section...I just love it."

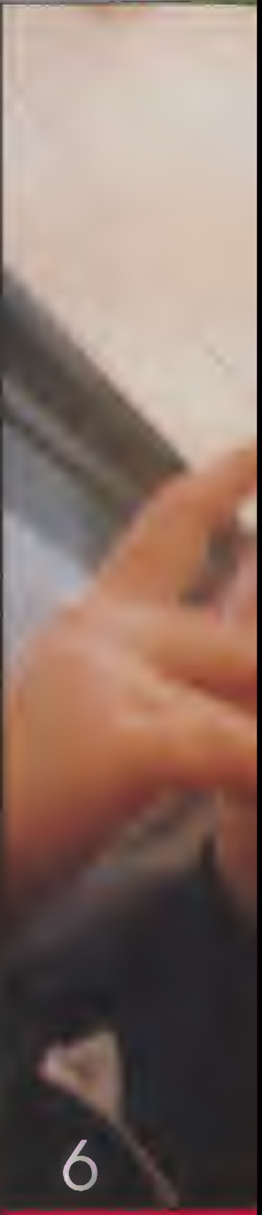
~Sophomore Allyson Mullin

1

Being a Scarlet means you have a complete understanding of the meaning of the word fun. Scarlets, understand that having fun is essential these years because you will only be here for a short amount of time. Make sure you have a blast while it lasts.

Fun is all around whether you are tailgating before a football game, hanging with some buds after a school dance, watching the school assemblies, or even having fun during the lunch hour.

Looking back, Scarlets can cherish their memories and recall all the times they found themselves rolling on the floor laughing. Seniors will sadly leave, making room for newcomers next year and the tradition of fun will be passed on, but we can always look back at the days of Scarlet Fun!



6

"What I enjoyed about this year is all the good times that I had with my friends. I've made so many memories that I will never forget."

~Junior Elizabeth Bailey

For what it's worth it was worth all the while
It's something unpredictable
But in the end it's right
I hope you had the time of your life.

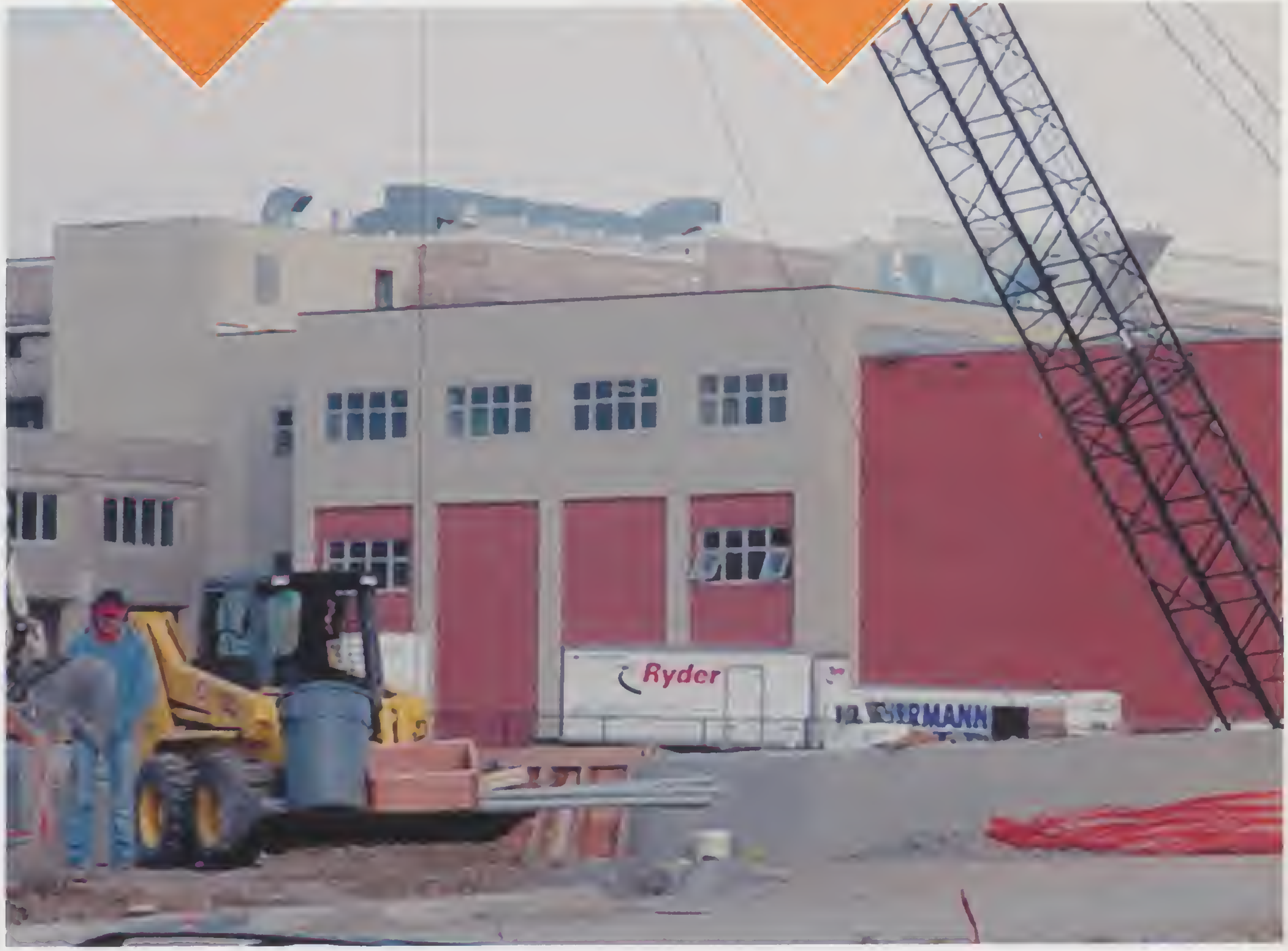
"It might sound stupid, but one thing I'll miss the most when I graduate is all the assemblies we have. Sometimes they are really funny."

~Senior Bryant Reynolds

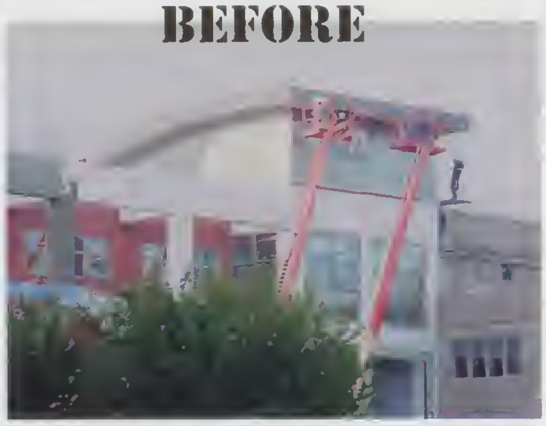
1. Sophomore **Laurel Murphy** and seniors **Ashley Logan**, **Royce Phillips**, and **Brendon Kerber** cheer at the homecoming game. 2. The new cheerleaders pose for a picture before they go through welcoming. 3. Sophomore **Jenny Sullivan** and **Jennifer Davidson** walk around the fair after a Keith Urban concert during summer break. 4.Senior **Matt Norton** stuffs fries in his face while eating lunch off campus. 5. **Mike Zelenovich** and some of the faculty dress up as elves for a holiday assembly. 6. Seniors **Meagan Mangra** and **Nicole Freel** use fruit roll-ups to turn their tongues green before they cheer at a wrestling meet.

END OF CONSTRUCTION

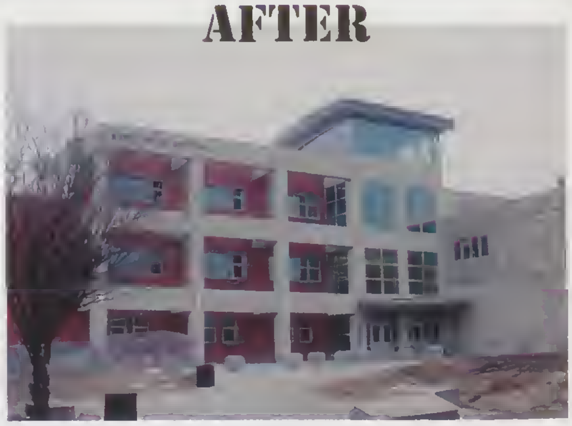
Story/Layout by Chris Piatt



Beginning in 2001, construction at East has made great progress including the new main entrance, right, and the newly renovated south wing, above.



BEFORE



AFTER

Beginning in 2001, East High's extensive renovation has taken time, money, hard work, and a lot of patience. Nearing the end of it all, East High students and faculty have grown used to it.

"Construction around here is a 'give and take' deal, we lose parking and accessibility, but we become the community center of the East side," said principal Mike Zelenovich. "Next year they are going to configure the East side of the building to make some more room for parking as well."

It started with the destruction of the old cafeteria and student center. The north wing and library were closed for construction so students were moved to the south wing and other places.

Most of the main building was closed down for about two years to add air conditioning, and so construction workers could work through the days without school interference. Several walkways were closed, temporary make-shift paths were made, and students became more and more agitated by the day.

"The construction has been going on for almost the entire time I've been going to East," said senior Patrick Cooper. "I'm just ready for it all to be over."

As a solution, the walker building was introduced because of lack of space due to the closed north wing. Students were forced to eat lunches and attend classes in the new building, about a block away to walk. Through winter snowstorms, rain, and cold weather, students became more and more aggravated with the renovation.

-"The sacrifices we made were worth the outcome. The students and staff worked hard, and all in all, now that its almost done, I think we're all happy that we're under the same roof." - Principal Mike Zelenovich-

"The whole experience of moving down to the walker building then back up to the main building was something I wouldn't want to go through again," said english teacher Ron Borstad.

At long last, the new cafeteria was opened. Students no longer had to walk down to the walker building to get lunch, and the entire building was devoted to freshman classes. The renovation made a large jump when the cafeteria, 3rd floor hallway and student center was completed. Gyms were accessible again to the main building and passing time became less crowded.

"Lunches in the new cafeteria are so much better now, especially since we don't have to go all the way down to the walker building anymore," said sophomore Afton Torres.

Finally, the main building was re-opened. Lockers were issued once again so that students would not have to carry around belongings all day, and travel through the school became much less crowded. The senior hallway was re-opened with the senior bench included, and the Walker building was given to Goodrell Middle School. With the school all in one place again the students and faculty felt more at home once again.

"It was real nice to have our senior hallway back for the rest of our year," said Cooper.

The final project of the renovation is the new gymnasium, which will be finished by the start of school next fall at a cost of around $3 million.

During the 2003-2004 school year the E. 14th bridge crossing I-235 was closed, so a make-shift detour road was made splitting E. 15th street while the bridge was completed.

"Unsuccessful people let the limitations of their environment affect their thinking. Successful people let their thinking affect the limitations of their environment."

-Robert Cocklin

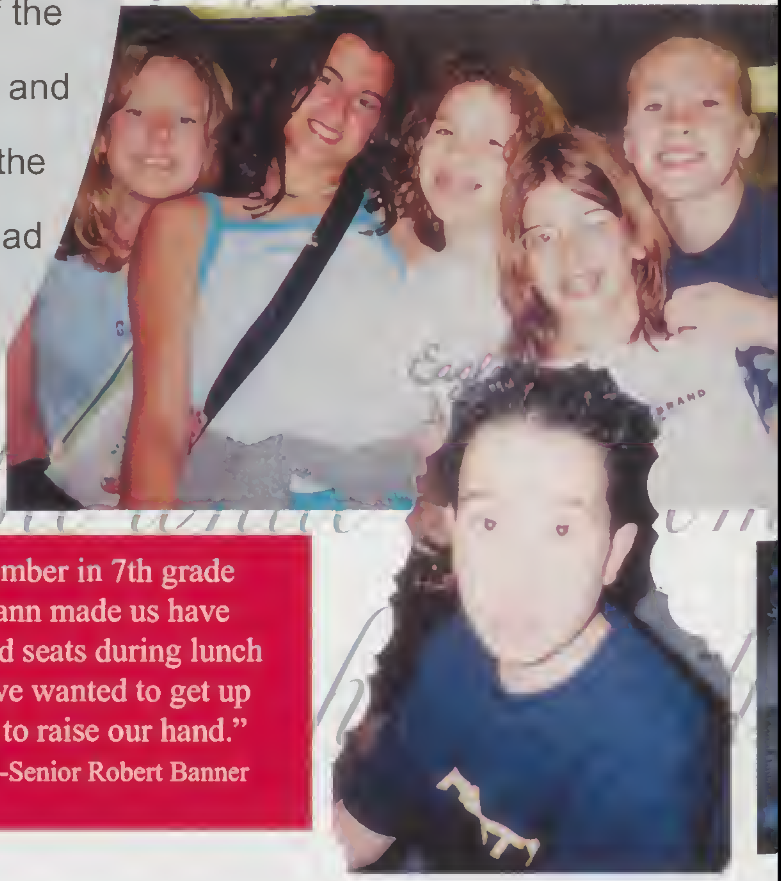
People

Riddell
rain

Looking Back

By Greg Zubulake

The graduating students of East High are embarking upon a new phase of their lives: the challenges of entering the college world. Their choice of direction marks the emergence of all the talents, goals and aspirations they have collected throughout their academic career. As they continue on into the real world they will look back fondly on the times that they had with their friends throughout their lives. Some of the times were fun and exciting, some were sad and heartbreaking, but, whether good or bad, "the memories we've shared, the times we've had together, they will stay with us always. Goodbye is not forever." Here are the memories of the **CLASS OF 2006**.



"I remember in 7th grade Mrs. Dann made us have assigned seats during lunch and if we wanted to get up we had to raise our hand."
-Senior Robert Banner

"I remember when it was raining out and I was wearing a white shirt. I didn't know until I got into the school that I wasn't wearing a bra."

-Senior Amanda Zust

[illegible]

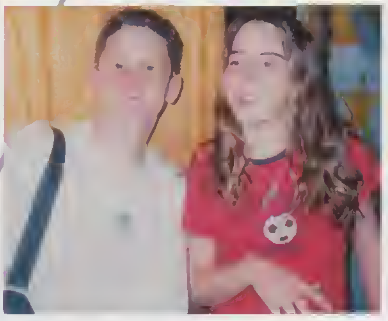
"I was trying to teach Amanda Zust how to rollar-blade during gym one day and the whole time we were going she kept on knocking me on the ground and everybody wsa laughing at me. "

-Jessica Cockerham

"I remember when Nikki Mowery ripped up a bunch of paper and threw it on the floor around my desk and she got me in trouble and I had to go to office. They made me stay after school because I wouldn't pick it up."

-Senior Tyler Sowden

"I was chewing on my blue pen in class one day and it exploded in my mouth. I swallowed half the ink and the rest of the day I walked around with a blue mouth." -Senior Jenna Doty



I hope you had the time of your life.

Seniors Class

Abell, David
Aguayo, Gabriela

Aguirre, Brenda
Alexander, Andrew

Alexander, Heather—Chamber Choir 2-4; Color Guard 3-8; Concert Band 1-8; Golf 1-2 5-8; Debate 3-5; Jazz Band 5-6; Marching Band 1-2; OA 3-6; Prep Choir 1; Sr. Board; SG 7-8.
Allison, Joshua

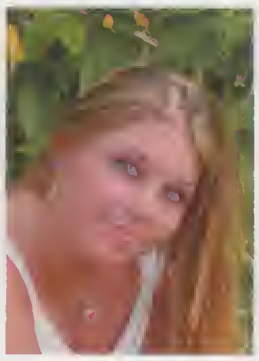
Appleby, Todd
Armstrong, Mendi—Swimming 7-8; FFA 5-6.

# of 2006

Atkins, Jacob—Concert Band 1-8; Cross Country 3-4; Jazz Band 3-6; Marching Band 1-8; Tennis 1-8.
Ayers, teri
Baccam, Ashley—AL 1-8; Chamber Choir 3-4, 7-8; Competitive Speech 2-8; Debate 3-8; NHS 5-8; Play Production 2-4; Prep Choir 1; Show Choir 5-8; Theater Arts 2-4; Treble Choir 2, 5-6; IHSSA 1-8.
Baccam, Melinda

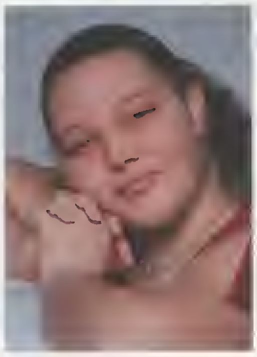
Baray, Julia
Barron, Grisel
Bauer, Jami
Bauman, Kathryn—AL 3-4; Basketball 1-4; Chambor Choir 3-8; Concert Band 1-8; Jazz Band 3-4, 7-8; Marching Band 1-8; Prep Choir 1-2; Show Choir 7-8; Sr. Board; SG 7-8; Swimming 5-8; Track 1-2; Rotary Youth Leadership 3-4. Drake

Baumeister, Angela
Beltran, Genesis—Color Guard 3-4; Competitive Speech 5-6; Debate 1-8; OA 4, School Play 3-5; SB 1-4; Sr. Board 7-8; Steppers 7-8; SG 7-8; Tennis 2, 6; Theater Arts 3-5; Volleyball 1-2. Army Reserve. UN1
Bennink, Christopher
Berst, Brian



Bitters, Janice—Cheerleader 1; Scroll 5-8; KDPS Radio 5-8.
Borts, Benjamin
Bounyalath, Sunny—AL 1-8; BPA 5-6; Class Officer 7-8; Debate 3-4; NHS 5-8; Orchestra 1-8; PEP 7-8; Sr. Board 7-8; SG 7-8; Tennis 6; UB 7-8; Youth Leadership Init. 5-6; TS 1-6. Drake
Brayman, Taylie

Breton, Meredith—AL 1-8; Cheerleaders 1-8; Class Officer (VP) 7-8; NCYL 7-8; NHS 4-8; PEP 7-8; Quill 4-8 (Design Ed. 7-8); Soccer 1-8; Swimming 3-8; UN Trip.
Brown, Jennifer
Brown, Tiffanie
Brumbaugh, Natasha—French Club 3-4; Sr. Board; Track 6, 8. DMACC



Buch, Ashley—UB 1-8.
Burgess, Tiffany
Cannon, Danielle—AL; AD 3-8; Photojournalism 7; Quiz Bowl 7-8; Scroll 7-8; Sr. Board; Bowling 1-4; German Club 1-8.
Carey, Mindy—AL; Cheerleader 1-8; Sr. Board; Track 3-8. Central College

Carson, Kashif—Drama Club 1-4; Mimes 3-4; Theater Arts 3-4; 1-JAG.
Carter, Joseph
Cavan, Eric—Sr. Board; Fusion 1-4.
Chan, Veasna—Football 1-8; Sr. Board; Tennis 8; Track 1-4.

On the next cover of Vouge
Best Dressed
Eric Thavonekham & Meredith Breton

Matt Norton & Anna McCourt
The next Picasso
The Most Artistic

Kid at Heart
Just a Big Kid
Brendon Kerber & Nickie Freel

Chang, Connie— AD 5-8; Quiz Bowl 7-8; Sr. Board; UB 5-8; Japanese Club 3-4,8 (VP 3-4).
Chanthavong, Randy—AL; Competitive Speech 3-8; Debate 3-5; NCYL 7-8; NHS 5-8; School Play 4; Scroll 5-8; Tennis 5-6; Theater Arts 4; UB 3-8.
Chubb, Stephanie—AL; BPA 7-8; Cheerleaders 3-8; Prep Choir 1-2; Sr. Board; SG 7-8.
Clark, Tamara—Debate 4; Key Club 2-3; OA 5-8; PEP 1; Play Production 5-8; RIP 1-8; School Play 5-8; Soccer 4; Sr. Board; Theater Arts 5-8; I-JAG 3-8. Ozark Bible Institute

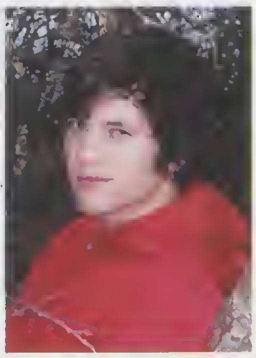
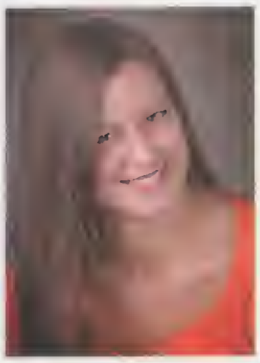
Cline, Erin
Cockerham, Jessica—AL; PEP 7-8; Softball 1-8; Sr. Board; Track 2.
Coe, Valerie—Cheerleaders 1-6; PEP 7-8; Sr. Board; Tennis 3-4, 7-8; Bowling 7-8.
Coleman, Brittani—Quill 5-6; Tennis 4.

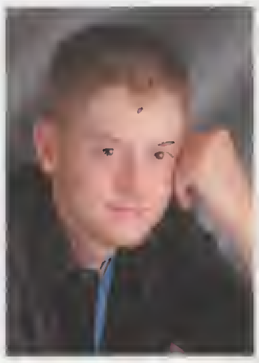
Coleman, Melissa
Connett, Ashlee
Contreras, Nohemy
Conyers, Amanda—Chamber Choir 7-8; RIP 7-8; School Play 7-8; Show Choir 7-8; Sr. Board; Theater Arts 7-8. UI

Cooper, Patrick
Coulter, Colin—French Club 1-8.
Cram, Brandi
Crane, Adam—AD 3-8; Quill 3-8.

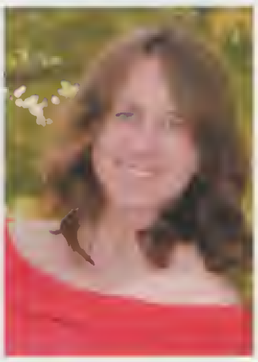
Crum, Jenna—Cheerleaders 1-8; OA 7-8; PEP 5-8; Sr. Board. UI
Cupp, Brandon
Daleske, Aaron
Davies, Allison—Color Guard 3-4; Concert Band 1-8; Marching Band 1-8; Prep Choir 1-2; Tennis 6, 8; Pep Band 1-8.

de Kok-Mercado, Omar—Concert Band 1-5; Jazz Band 3-5;
Marching Band 3-5; School Play 3; Soccer 2,6.
Dehaan, Kaitelyn—AL; Cheerleaders 3-8; Sr. Board; Swimming 1-8.
Dellaca, Micheal
Denham, Justin—AL; Baseball 5-8; Basketball 1-2; Golf 1-4, 7-8;
PEP 7-8 (Pres.); RIP 5-6; Sr. Board. UI



Denning, Amy—NH 7-8.
Diaz, Ana
Diver, Rachel
Doty, Jenna—Class Officer 7-8; NCYL 6-8; PEP 2-8;
Track 1-2. UNI



Draude, Austin—AL; Basketball 1-8; Football 3-7; JA 7; Prep
Choir 1-2; Scroll 7-8; Sr. Board; Madrigal Dinner.
Eaton, Nicholas—Baseball 1-8; Basketball 1-8; Football 1-8;
RIP 5-6; Sr. Board.
Epping, Kristina—Steppers 7-8; Volleyball 3-4.
Ezzio, Aaron

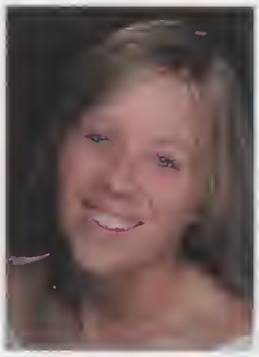
Felts, Kasara
Ferrell, Mary
Fessler-Boylan, Emilie—Concert Band 1-8; Marching Band 1-8;
OA 1-6; Baton Twirler 1-8.
Fisher, Brittany—Basketball 1-8; Track 1-2; Volleyball 1-4.
Grand View

Fitzgerald, Ryan—Golf 6-8; Photojournalism 4-8; Soccer 6-8.
Fox, Angelia
Franklin, William
Freel, Nicole—AL; Cheerleader 1-8; French Club 1-6; PEP 1-8;
Quill 3-8; Sr. Board; UN Trip 6. UNI.

Danny West &
Angie Baumeister
Biggest Partier
Most likely to be seen on MTV's spring break
The Biggest Flirt
The most flirtatious
Greg Zubulake &
Samantha Waters
Nick Eaton &
Amanda Zust
Most Athletic
Most likely to be seen on ESPN

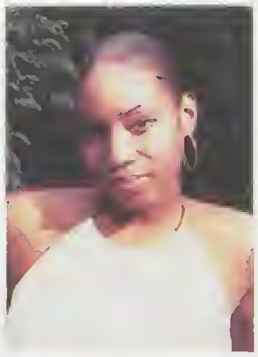
Gallardo, Sierra
Gillespie, Desirae—JROTC 1-8. Army National Guard
Gomez, Bryan
Gomez, Luis

Good, Brendon
Griffith, Lucas—AL; Football 1-8; NCYL; Orchestra 1-8. ISU
Grimes, Jennifer—Mixed Choir 1-2; I Jag 3-8. DMACC
Grimm, Hannah—AL; Cheerleaders 3-4; Concert Band 1-2; French Club 3-6; Jazz Band 1-2; Marching Band 1-2; NHS 5-6, PEP 3-4; Soccer 3-6; Softball 1-2, 5-6; Sr. Board; Track 1-2.

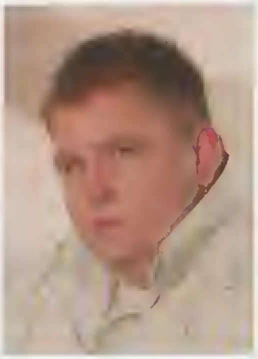
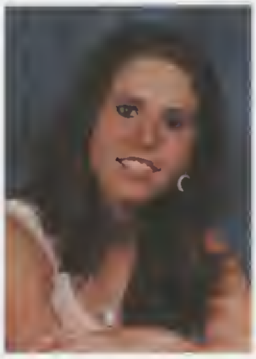


Grochala, Matt—AL; Baseball 1-8; Football 1-8; Kiwanian; NYCL; Quill 3-8; Sr. Board; Track 1-8; Wrestling 1-2.
Grooms, Deana—AL; OA 1-6; PEP 3-4; Quill 5-8; Softball 1-4; Sr. Board.
Grove, Jennifer
Grutel, Kennaye

Haltom, Cody—Competitive Speech 3-8; Debate 3-8; OA 1-6; PEP 5-6; Sr. Board; Theatre Arts 5-6.
Harnan, William
Harris , Courtney— NH 3-8; SDS 7-8; Sr. Board; Track 5-6; Volleyball 7-8 Sisters for Success 3-8. Texas Southern State
Harris, Tycarra



Hartman, Tessa— PEP 3-8; Quill 5-6.
Harvey, Nathaniel
Hatfield, Carrie—AL; Basketball 1-6; Softball 1-8; Track 1-2, 5-8; Volleyball 1-8.
Haygood, Darron—Key Club 5-6; PEP 7-8; Prep Choir 1-2, Show Choir 7-8; Sr. Board; Theatre Arts 7-8.

Heggen, Alyssa—AL; Cheerleaders 1-8; French Club 1-2; Quill 3-8; TS 1-8. DMACC
Heuerman, Kole
Hickman, Michael—AL; Concert Band 1-8; Golf 1-8; Jazz Band 1-8; Marching Band 1-8; NYCL; NHS; Sr. Board; Tennis 3-8. Drake
Higgins, Amanda

Hoang Van, Dandeline
Holcombe, Rachel—PEP 1-2; Prep Choir 1-2; Swimming 1-2; JROTC 1-8. Army National Guard
Holmes, James
Hoover, Thadeus

Horner, Melissa
Horton, Mollie
Howser, Eric—Baseball 3-6; Marketing Sales 7-8; Sr. Board. ISU
Huggins, Ashley—Soccer 1-2; Track 3-4, 7-8. DMACC

Hughes, Ashley—AL; Debate 3-4; NCYL; Orchestra 1-8; PEP 1-8; Scroll 5-8; Spanish Club 7-8; Sr. Board; SG 3-6; Swimming 1-8(Capt.). MSU

Ibrahim, Asrar

Izaguirre, Stephanie

John, Robert

Johnson, Erin—AL; Art Club 1-2; French Club 1-6; Golf 3-4; NCYL 7-8; NHS 5-8; Prep Choir 1-2; Tennis 1-2; Handbells 1-8; Bowling 3-6.

Johnson, Mallory—AL; Cheerleaders 1-8; NCYL 7-8; NHS 7-8; Pep "E" Club 7-8; Sr. Board; Track 1-8; Volleyball 5-6. UI

Jones, Jennifer

Jones, Laurie

Kain, Sara—AD 1-8 (Pres. 6-8); BPA 5-6; Competitive Speech 6; Quiz Bowl 7-8.

Kellen, Kari—Cheerleaders 3-4. DMACC

Robert Banner &
Shannon Wagner

Tardy Party

Always late to class

Jake Atkins &
Ashley Logan

Most Changed

The most changed

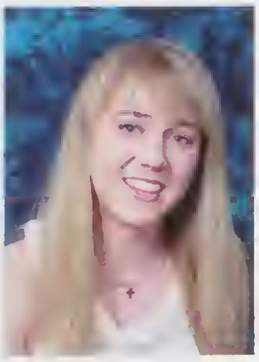
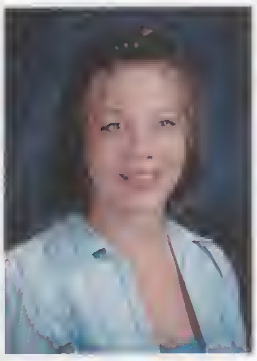
Lee Chan &
Katelyn DeHaan

Best Legs

They've got legs

Kerber, Brendon—Basketball 8; Concert Band 2; Football 6; Jazz Band 2; Marching Band 2; Science Bound 1. ISU
Kimmel, Brenna
King, Tyler—DMACC
Kirkpatrick, Robert

Kot, Iryna
Kuhns, Danielle
Lado, Lillian
LaMay, Sharisheka—NH 2; Spanish Club 3-4; SG 1; Track 1-4; Sisters for Success.

Lampkin, Bryan
Lange, Stefan
Lansing, Melinda—AD 5-8; AL; Debate
Lee, Joshua

Lee, Sharmaine—AL; Cheerleaders 5-8; RIP 4; SDS 1-4; SB 1; Spanish Club 3; Track 1-6, 8.
Leichliter, Lacey—AL; Cheerleaders 1-4; Sr. Board; Tennis 3-8; Bowling 5-8.
Lester, Bryant
Lin, Mei

Lin, Qing—AL; NHS 5-8 (Sec); PEP 7-8 (Sec); SG 7-8. NYU
Link, Whitney—Basketball 1-2; Track 1-2; Volleyball 5-6. UNI
Logan, Ashley— Basketball 1-2; Softball 1-6; Sr. Board; Track 1-8; Volleyball 1-8.
Long, Jacqueline

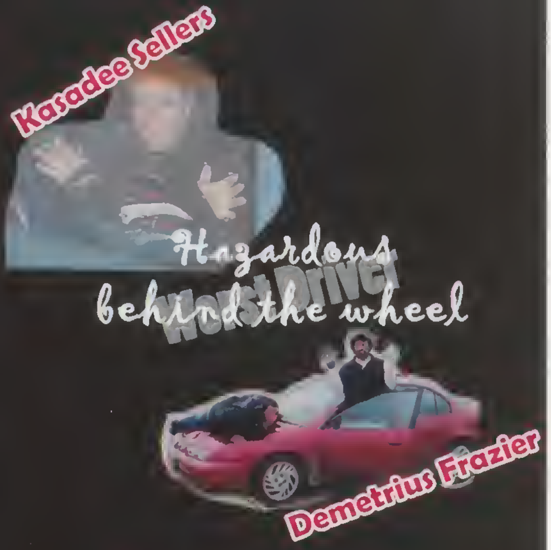
Long, Kelsie
Lopez, Lyssette
Lovan, Diamona—BPA 7-8; French Club 5-6 (Sec); Soccer 3-8; UB 3-8.
Lovan, Joey

Luft, Tyler—Baseball 1-8; Basketball 1-8; PEP 7-8.
Madison, Danny
Madison, Jesse
Mangra, Meagan— Cheerleaders 1-8; Prep 1-2; Sr. Board. UI

Mayes, Elizabeth—OA 3-6; PEP 1-4; Quill 3-8; RIP 5-6; Sr. Board.
DMACC
McCourt, Anna
McElderry, Megan—Concert Band 1-6; French Club 5-6;
Marching Band 1-6; Sr. Board; Volleyball 1-3.
McMillian, Donnie

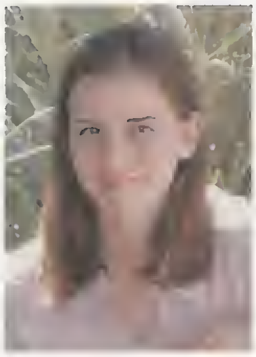
Most likely to be seen on Saturday Night Live
Class Clown
Ryan Fitzgerald & Brenna Kimmel
Matt Grochala & Sharmaine Lee
Best view from behind
Best Butt
Future Hall Monitors
Hoff's Replacement
Kole Huueremann & Lindsay Owens

Darron Haygood
& Mallory Johnson
Never a dull moment
Most Dramatic


Kasadee Sellers
Hazardous behind the wheel
Worst Driver
Demetrius Frazier

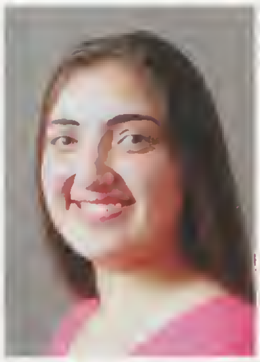
Eric Howser
& Jenna Crum
EHS Fanatic
Most School Spirit

McVey, Christine
Mendenhall, Mark—AL; Concert Band 1-8; Marching Band 1-8.



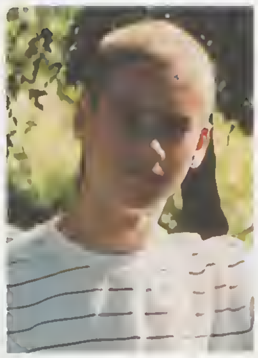
Miller, Ashley
Miller, Chelsea—Soccer 1-2.

Mkhatvari, Liana
Montesinos, Lisbeth

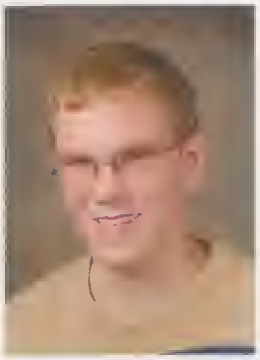


Mowery, Nicole— Quill 3-8; Softball 1-6; Sr. Board; Track 1-2.
Mundell, Missy

Murphy, Malory—AL; Drama Club 5-8; Mimes 5-8; PEP 1-8 (VP); Play Production 6-8; RIP 6; School Play 6-8; Theater Arts 7-8; VOC 5-8. UNI
Nelson, Jessica—AL; Mixed Choir 3-5; Show Choir 5-8; Treble Choir 5-6. ISU



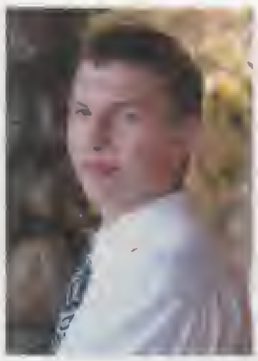
Nieland, Cody
Opel, Jacob
Owens, Lindsay
Pallak, Nyakoma—NH 2-4, 7-8; Soccer 3-4, 7-8.

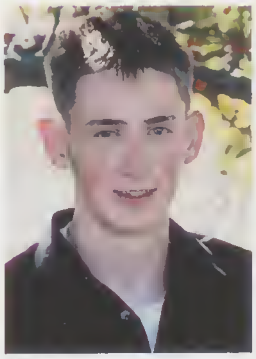


Parker, Jason
Parnell, Nichole—AL; Softball 1-3. DMACC
Patino, Elyssa—Key Club 5-6; OA 3-8; SB 1-6;
Spanish Club 3-4, 7-8; Volleyball 1-6. Mercy College
Peek, Aaron

Peterson, Benjamin
Pettijohn, Skye—I-JAG
Phanouvong, Johnson
Piatt, Christopher—Marketing Sales 7-8; Quill 3-8; Sr. Board 7-8;
Swimming 1-8 (Capt.); Track 7-8. UNI

Pinegar, Brad
Pringle, Patrick—Baseball 1-2; Football 1-6; Track 3-4. DMACC
Rankin, Keisha
Ratsakanh, Denny





Reed, Alexander
Reese, Zachary
Reuskens, Robert
Rivera, Alyssia

Jake Atkins & Lacey Leichliter
Class Couple
Class Couple
Hot Wheels
Best Car
Eric Cavan & Deana Grooms
Todd Appleby & Jessica Cockerham
Hallywood Hair
Best Hair

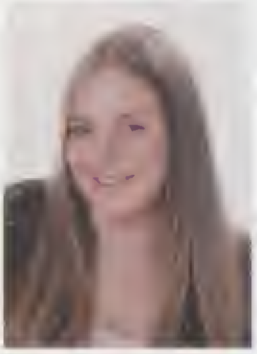
Rivera, Monica
Robbins, Tanner
Rockey, Ariel
Rogers, Aaron

Rogers, David—AD 1-4; Concert Band 1-8: Honor Band 5-8; Jazz Band 1-8; Marching Band 1-8; PEP 5-8; Quiz Bowl 7-8; School Play 7-8; Sr. Board; German Club. Drake
Rojas, Olga—Soccer 7-8; Sr. Board; Talent Search 1-8
Rouse, Jamie
Rowat, Sarah—AL; Concert Band 1-8; Honor Band 5-8; Jazz Band 1-8; Marching Band 1-8; NHS 3-8; OA 2; School Play 8; Sr. Board. UI

Rowe, Jaimie—AL; Key Club 3,5,7-8; Marketing Sales 7-8; OA 3-6; Prep Choir 1-2; Scroll 4-8; Sr. Board.
Rubenking, Alan—Photojournalism 5-7; Bowling 7-8; Soccer 1-2.
Ryan, Kaytie—Golf 5-8; Marketing Sales 5-6; PEP 1-2; Photojournalism 5-8; Sr. Board; UB 1-6. La James
Saenz, Nancy

Sakakhanone, Nataleen—AL; NHS 6-8; OA 5-8; Orchestra 1-8; Sr. Board; SG 3-4, 7-8 (Pres.); Tennis 2-8. UI
Saldana, Felipe
Sawhill, Jenny
Sawhill, Karen—AL; NHS 5-8 (Pres.) ; OA 1-2; Prep Choir 1-2; Quill 4-8; Sr. Board; Track 1-2; Treble Choir 3-4; Bible Study 3-8.

Sawhill, Kelli—AL; NHS 5-8 (VP); Prep Choir 1-2; Sr. Board; Track 1-2; Bible Study 3-8. Mercy School of Nursing
Say, Monirothan
Sellers, Kasadee
Shelton, Jarae—AL; Cross Country 5-8; NCYL 6-8; NHS 4-8; Prep Choir 1-2; SB 1-8; Softball 1-2; Tennis 4-8; Track 1-2; Treble Choir 3-5; Volleyball 1-4.



Sleeth, Jacob
Slinger, Ryan
Smid, Jessica
Smith, Allison—AL; Debate 7-8; Golf 6-8; NHS 5-8; Prep Choir 1-2; Sr. Board.

Smith, Mallory
Smith, Matthew
Smith, Sandra
Sowden, Tyler—Football 1-4; Sr. Board; Wrestling 1-8 (Capt.).

Steben, Joshua
Stevens, Kortney
Steward, Joshua
Stewart, Amber—BPA 5-8; OA 3-8.

Michael Hickman & Genesis Beltran
Most likely to be seen in the Oval Office
Next President
Tyler Luft & Mollie Horton
Dazed & confused
Biggest Airhead
Nichole Parnell
Twinkle in their eyes
Best Eyes
Anthony Johnson

Strock, Sarah—BPA 7-8; Color Guard 3-8; Concert Band 1-2; French Club 1-4; Marching Band 1-2; Sr. Board; SG 7-8; Swimming 1-8; Boys Swim Mgr. 1-4. Kirkwood Comm. College
Sudbrock, Kate—Special Olympics.

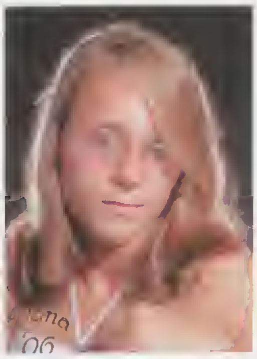
Swanson, Ashley
Swett, Christina

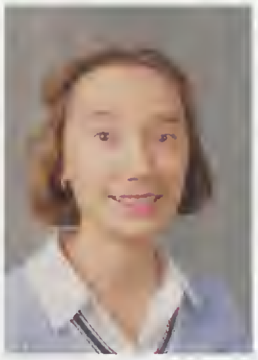
Thavonekham, Eric—Football 1-4; Track 1-4; Wrestling (Capt.)
Thipyothin, Phetnikhon

Thomas, Kristit
Thomas, Tad

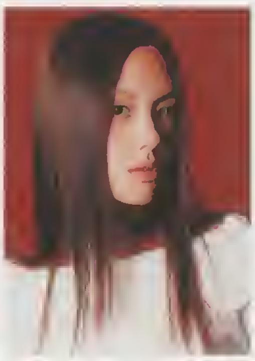
Thompson, Kyle—AL; Basketball 1-2; Football 1-8; NCYL 5-8; Sr. Board.
Thompson, Thomas

Titus, Kelsey
Tonche, Maria
Torres, Andrea
Townsend, Zebereck





Troyer, Dana—AL; French Club 3-6; NHS 1-6; Tennis 4-8.
Grand View College
Turner, Demarco—AL; Baseball 7-8; Basketball 1-8; Football 1-4;
Track 1-4, 7-8.
Udeykin, Artem
Valiyeva-Hackett, Daniya—AL; Debate 1-2; NCYL 6-8; NHS 6-8;
OA 6; Sr. Board; SG 7-8; Track.



Van Weelden, Shara—Pep "E" Club 1-2; Handbell 3-8. Central
College
Vang, Imogene
Vang, Kou—NH 3-6; Prep Choir 1-2; Sr. Board.
Vang, Seashia—AL; Chamber Choir 3-4; Cheerleaders 1-2; French
Club 1-6; NHS 5-6; Orchestra 1-7; Photojournalism 5-6; Prep
Choir 1-2; School Play 7-8; Sr. Board; SG 1-8; Tennis 1-8;
UB 3-8; Handbells 3-8. UI

Vega, Vanessa
Velazquez, Reyna—Mixed Choir 5-6; Prep Choir 1-2;
School Play 5; Theater Arts 5; Concert Choir 7-8; JROTC.
Vincent, Jacob
Vulgamott, Scott

Walker, Ashli
Wall, Andrew—Concert Band 1-2; Marching Band 1-2;
Sr. Board.
Walton, Tomeeka
Warner, Marilyn

Waters, Samantha—Basketball 1-4; Cheerleader 1-2, 7-8; Equip. Mgr. 5-6; OA 7-8; Prep Choir 1-2; Quill 4-8; Softball 1-8; Sr. Board; Track 1-4.
Watland, Christopher—Class Officer 7-8 (Pres.); Sr. Board.
Wells, John—Football 3-8; Soccer 1-8; Wrestling 5-6.
West, Daniel

West, Victoria—AL; French Club 3-6 (VP); PEP 1-2; Prep Choir 1-2; Sr. Board; DI 1-2. Wartburg College
Whelchel, Anthony
Williams, Bryan—Football 1-4; PEP 1-4; Soccer 3-4, 7-8; Sr. Board; Swimming 5-8. UNI
Williamson, Michael

Woltz, Melanie—Color Guard 1-4; Sr. Board; SG 7-8; Volleyball 1-4.
Wonders, Donna
Wren, Cody—Tennis 6-8. UPS and DMACC
Wright, Lateka—NH 5-8; ETS 1-8; I-JAG 7-8.

Xaysana, Outhai—Marine Corps
Xiong, Paoge
Yingyoth, Yout
Young, Tonessa

Zubulake, Greg—AL; Baseball 3-8; Basketball 1-8; Golf 1-6; Quill 4-8; RIP 5-6; Sr. Board. UI
Zust, Amanda—Basketball 1-4; NCYL 7-8; PEP 3-8; Softball 1-8; Sr. Board; Volleyball 1-4. UI

Aaron Thomas
& Nikki Mowery
Teacher's worst nightmare
Worst Nightmare
Colgate Smile
Best Smile
Royce Phillips &
Kristina Epping
Justin Denham
& Victoria West
Teacher's Pet
Teacher's Pet
Luke Griffith
Millionaire Mind
Most Likely to Succeed
Jenna Doty
Courtney Harris
Worst case of senioritis
Senioritis
John Bixler

SENIORS NOT PICTURED

Alvarez, Neptaly
Alvarez-Carbajal, Monica
Amrutlal, Nilam
Andrade, Abel
Andrews, Brandon
Arroyo, Cristal
Bales, Justin
Banner, Robert
Bartley, Elvis—BPA 7-8. DMACC
Bixler, Jonathan
Black, Brittany
Blackwell, Jr., Michael
Blaine, David
Bolden, Richard
Brooks, Edward
Brown, Chaiwneca
Brown, Damien
Buell, Timothy
Byrd, Samantha
Calvache, Anthony
Chal, Samiy
Channon, Joseph
Christian, Melissa
Coffman, Bryant
Damschroder, Nicole
Daniels, Daivon
Dorsey, David
Douglas, Joshua
Dullard, Brian
Eaton, Joshua
Edwards, Jetoya
Etter, Stacey
Fields, Anthony
Flores, David
Flores, Victor
Fortune, Kevicia
Galvan, Jonathon
Gines, Demarcus
Gines, Dermonta
Gomez III, Andres
Gomez, Luis
Grimm, Joseph
Hanawalt, Joshua
Hanson II, Jay
Hartzer, Benjamin
Hazelwood, Clista
Hill, Tyler
Hudson, Shylynn
Jimenez, Cristobal
Jimenez, Sandra
Johnson, Anthony
Karasek, Sara
Lee, Pheng
Leothi, Kathy—Sr. Board; SG 7-8;
  I-JAG 7-8. DMACC
Lopez, Cristopher
Lu, Aginda
Luna, Jose
Marmet, Justin
Marquez, Yesenia
Mason, Brian
McNeeley, Brandon
Mickens, Robin
Miller, Michael
Miller, Sabrina
Mitchell, Robert
Monaco, Joseph
Morrow, Antaniece
Moua, Dinloufong
Norton, Matthew
Patel, Jemini
Patton, Tyson
Pearson, Kayla
Phan, Trinh
Phan, Kayla
Phillips, Royce
Phomvisay, Danny
Poe, Jessica
Pollard, Joseph
Raya, Daniel
Robinson, Anthony
Rochon, Choyce
Rodriquez, Jose
Rogers, Richard
Ross, Justin
Scalise, Tanya
Segovia, Jorge
Sengaphone, Andy
Shorter, Montreal
Smith, Christopher
Smith, Kiawanna
Smith, Matthew
Smith, Vanessa
Snow, Robert
Sorter, Paige—French Club 3-4;
  RIP 1-4.
Sotelo, Tanis
Stockbauer, Ryan
Strait, Valerie
Streeper, Latisha
Teasley, Michael
Thomas, Aaron
Thompson, Renee
Thongdam, Vixay
Tyler, Dixie
Vandenhemel, Duane
Velazquez, Laura
Wagner, Shannon
Walker, Taylor
Wallace, Dustin
Warren, Lindley—Art Club 3-4;
  Golf 2; NCYL 7-8; NHS 3-8;
  PEP 3-4; Tennis 3;
  Bible Study 3-4.
Weiland, Blake
Welch, Jessie
Wiese, Robert
Wright, Mathew

Abbreviations

AIB....American Institute of Business
AL....Academic Letter
BPA....Business Professionals of America
DMACC....Des Moines Area Comm. College
FCA....Fellowship of Christian Athletes
ISU....Iowa State Univ.
JA....Junior Achievement
JROTC....Junior Res. Officer's Training Corps
LC....Leadership Council
NCYL ....Nat. Council on Youth Leadership
NH....New Horizons
NHS....National Honor Society
OA....Office/Library Aide
PEP....Pep "E" Club
SB....Science Bound
SG....Student Government
SS....Scarlet Standout
UB....Upward Bound
UI....Univ. of Iowa
UNI....Univ. of Northern Iowa

Senior Wills

Layout by Nickie Freel

I, Jahn Wells, will the ability ta be able ta match his own clothes and dress like he's worth samething ta my yaunger brother James Wells.

I, Matt Grachala, will my little brather Alex Grachala my ability ta play the game af faatball. May yau take my speed and strength. Mast impartantly I will leave yau the name "Grach." May the name be as good ta yau as it was to me.

I, Melinda Lansing, will my phatography pragrams and high speed internet access ta Katie Mases.

I, Caurtney Harris, will Laurel Murphy the ability ta say "I don't give a what" to all the guys' b.s. and the ability to club hap and still be an time ta 1st haur.

I, Kate Bauman, will Adam Geiger my awesame law brass skills and gaafy band geekness with na regrets. "Lang live averalls af pride!"

I, Ashley Baccam, will Katie Mases my alta skills, my lave for the stage, and my mad, crazy pirating adventures. Arrggghhhh, Matey!

We, Greg Zubulake, Danny West, and Eric Howser, will Tailgaters Associatian (T&A) ta Aaron Degaey, Ryan Brouwer, and Jennifer Radley.

We, Karen and Kelli Sawhill, will Emile Henderson and Ashley Steben a part of "old rusty," may you look half as gaad in it as we did. May the red rocket take yau ta the maan and back.

I, Kasadee Sellers, will Mattisan Sellers my great attendance and my ability ta drive our parents crazy.

I, Kari Kellen, will my partying skills and attendance reputation to Stephanie Brown.

I, Katelyn DeHaan, will Kayse Barker my cap and goggles and ability ta make swimming fun na matter how much it sucks!

I, Brittani Coleman, will Catie Coleman my caal Lisa Frank binder with an angel an it ta help pass chemistry with Mrs. Griffin.

I, Meagan Mangra will my pom-pons and over-exaggeratian skills ta Mickie Phengsiaroun.

I, Anna McCourt, will my drag suits, gaggle, swim cap, flip-turn abilities, and tapered pencil strake skills to Katie Smith.

I, Seashia Vang, will pass on my Japanese obsession to Naly Bounyalath.

I, Kennaye Grutel-Radriguez, will my extra good looks, and any class notes I have to Bessie Grutel-Radriguez. I give her good luck as well. Try to have fun without me, it's gonna be hard without seeing my beautiful face around the school hallways.

I, Emilie Fesslier-Boylan, will my sister Mollie Fessler-Boylan all of my twirling abilities and my lack of coordination. I also will Trent Smith all of my stud-like qualities.

I, Jake Atkins, will my daily 5th hour naps to Chris Smith.

I, Eric Cavan, will graduate in 2006.

I, Ashley Hughes, will my awesome leadership skills and sparkling personality to Breanna Fousek and Alicia Dale. May you use it as I did for a great senior year.

I, Sarah Strock, will Katie Smith and Jami Bowen the ability to have fun and enjoy a lot of kicking during swim practice. I also give them my big flipper feet.

I, Connie Chang, will Mount Jungle Head and all the residents to Sao Yang.

I, Kyle Thompson, will my attendance record to Travis Williamson so he can actually opt out of a final.

I, Tiffany Burgess, will my looks and all my class to my best friend Magon Gaines.

I, Shannon Wagner, will my skills to be able to drive without a license and not get caught to Neil Issa.

I, Heather Alexander, will my awesome flag tossing and drill reading abilities to Sydney Williams.

I, Samantha Waters, will my glove, cleats, and my love of diving for the ball, to an awesome sweetheart, Amanda Enochs. May you catch everything and never let it hit the green.

I, Nickie Freel, will my great referee impression and "hit it…and down" to Brittney Robbins and Nicole Raymond. May your senior football season be as fun as mine was.

We, Kristina Epping and Mindy Carey, will Kacie Eggen our clubbin' ability.

I, Josh Eaton, will Tim Bolander my speedo, my goggles, lane 4 (to swim fast!), and the ability to go to state. Remember it's all in the hips.

I, Meredith Breton, will Ashley Mendenhall my abundant supply of belts so that you may one day be named best dressed.

We were so cute!

Layout by Matt Grochala

Angela Baumeister

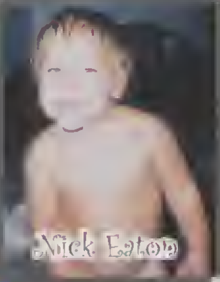
Ashley Huggins

Jenna Crum

Malory Murphy

Ashley Hughes

Katelyn DeHaan


Nick Eaton

Deana Grooms

Jenna Doty

Matt Grochala

Lee Chan

Ashley Logan

Alyssa Heggen

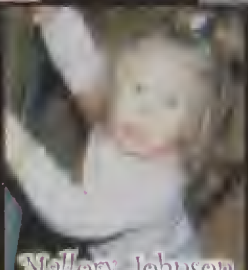
Greg Zubulake

Allison Smith

Meredith Brelon

Beth Mayes

Amber Stewart

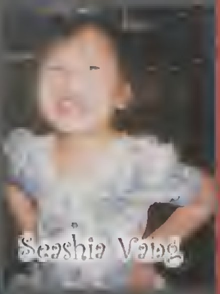

Mallory Johnson

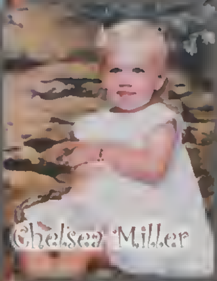
Andy Coffman

Nikki Mowery

Melissa Coleman

Nilam Amrutlal


Seashia Vang


Chelsea Miller

Reyna Velazquez

Meagan Mangra

Brittani Danielle

Stephanie Chubb

Nickie Freel

Kasadee Sellers

Bryan Williams

Robert Banner

Justin Denham

Amanda Higgins

Sunny Bounyalath

Amanda Conyers

Mary Ferrell

Bryan Lampkin

Baby
Child
Infant
Kid
Youngster

Jennifer Brown

Jami Bauer

Monica Rivera

Sarah Strock

Kristina Epping

Melinda Lansing

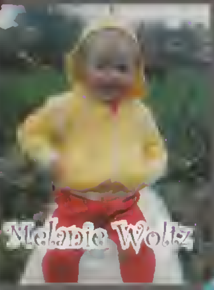
Jaimie Bowe

Genesis Beltran

Christine McVay

Donna Wonders

Ryan Fitzgerald


Melanie Woltz

Mindy Carey

Jarae Shelton

Kari Kellen

Mollie Horton

Janice Bitters

Randy Chanthavong

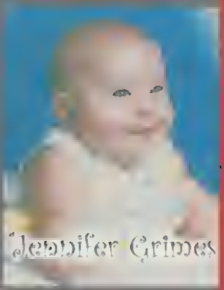
Paige Sorter

Qing Lin

Sandra Smith

Jenny Sawhill

Kristie Thomas

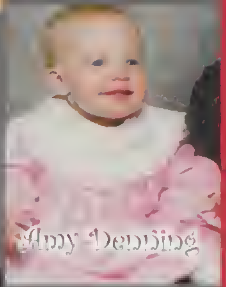

Jennifer Grimes

Heather Alexander

Danielle Cannon

Chris Piatt

Dana Troyer

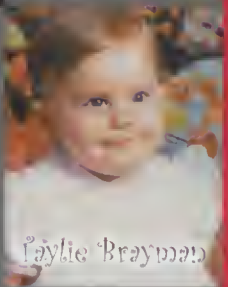

Amy Denning

Courtney Harris

Codey Hallom

Tamara Clark

Venessa Vega

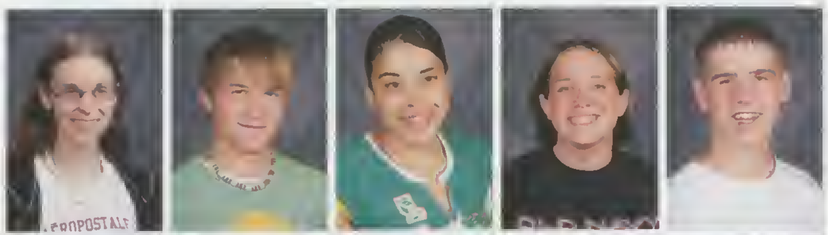

Taylie Brayman

Sharmaine Lee

Baby
Child
Infant
Kid
Youngster

What happend?

Juniors


Rachel Alexander
Karl Althaus
Jerrica Amerison
Kelsey Anderson
Jacob Andrews

Brad Archer
Heather Atchison
Zachariah Augustin
Cory Babcock
Melissa Baccam

Elizabeth Bailey
Shane Bainter
Benjamin Ballard
Felicia Baltzley
Tyraci Barber

Kayse Barker
Trevor Beals
Ian Beck
Christopher Belger
Aaron Bembenek

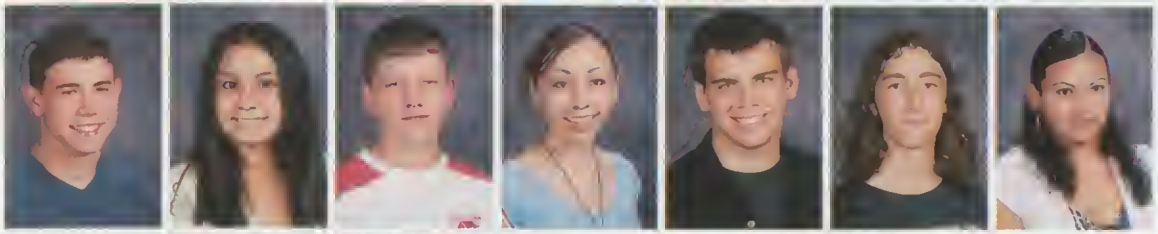
Lacey Bergan
Joseph Bernardino
Adam Binder
Jamar Birch
Edgar Blanco

Haley Boattenhamer
Kayla Boball
Jami Bowen
Tequila Bragg
Ashley Breeding

Thomas Breheny
Rosemary Brightman
Ryan Brouwer
Blake Brown
Brandon Brown

Nicholas Brown
Stephanie Brown
Alexandra Burgett
Amanda Burgett
Jacob Burkhead

Laura Bustamante
Deron Butts
Matthew Butts
Samantha Cam
Abigail Campbell
Eldon Campos-Anderson
Hoang Cao



Joseph Carr
Dalila Carrasco
Blake Carter
Judith Ceballos
Scott Chapman
Benjamin Chappell
Evelyn Chavez

Travis Christensen
Brandie Chumbley
Devin Cipperley
Samantha Cline-Hoskins
Collin Close
Kianna Colton
Jessica Coltrain

Cory Comegys
Rene Contreras
Chaney Crabb
Alicia Dale
Leah Dank
Sierra Darby
Tiffany Daugharthy

Carlton Davis
Chantelle Davis
Kimberly Davis
Lucas Davis
Mary Davis
Staci Davis
Tylor Davis

Jennifer Davison
Abigail Dawson
Emily Dearchs
Daniel Deaver
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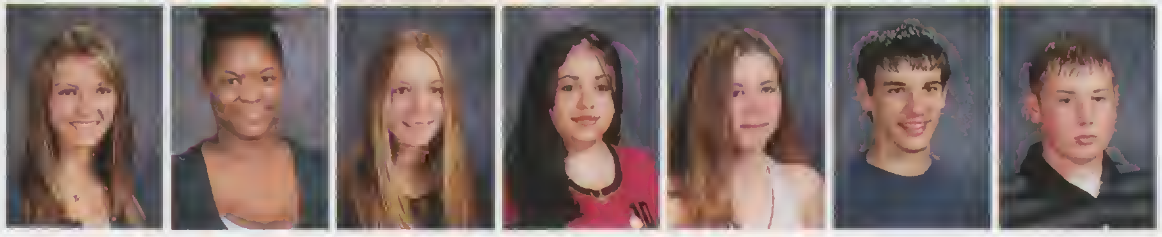

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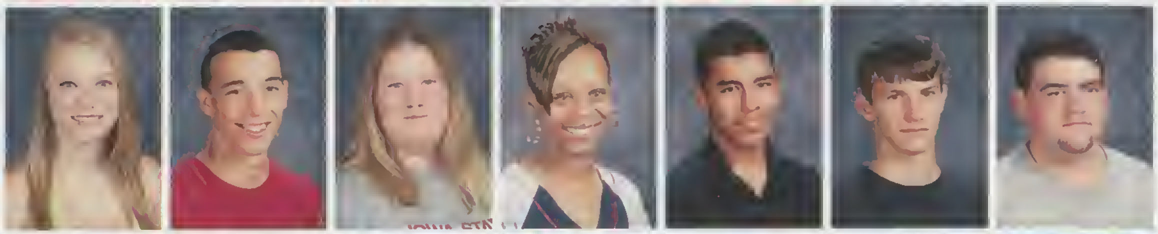
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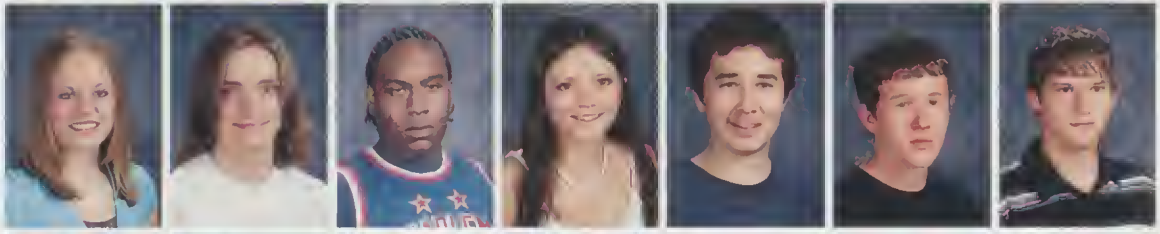
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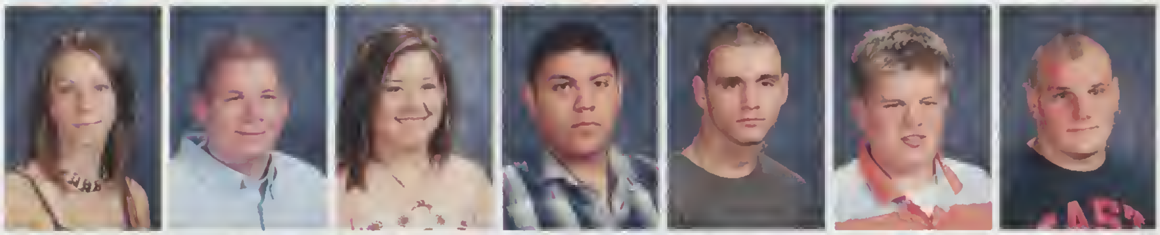
Ryley Hedberg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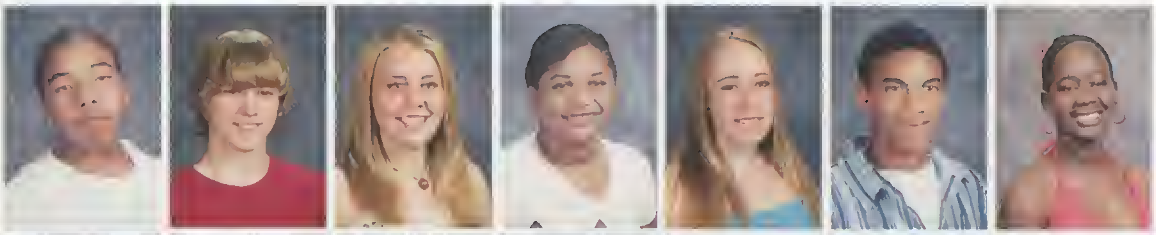

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Trista Johnson
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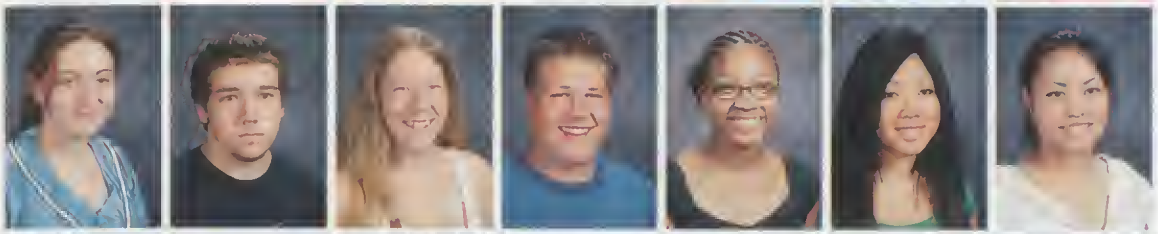

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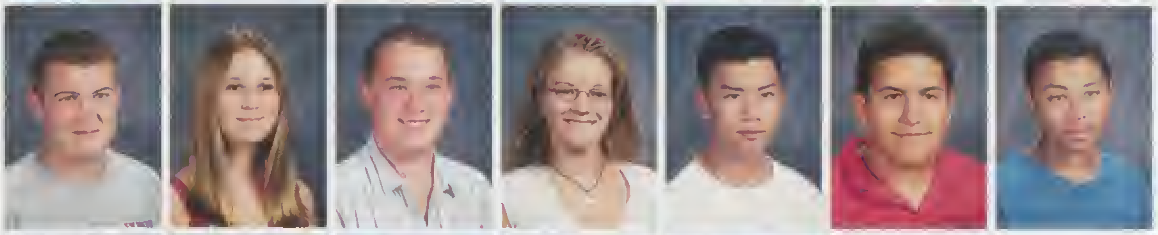

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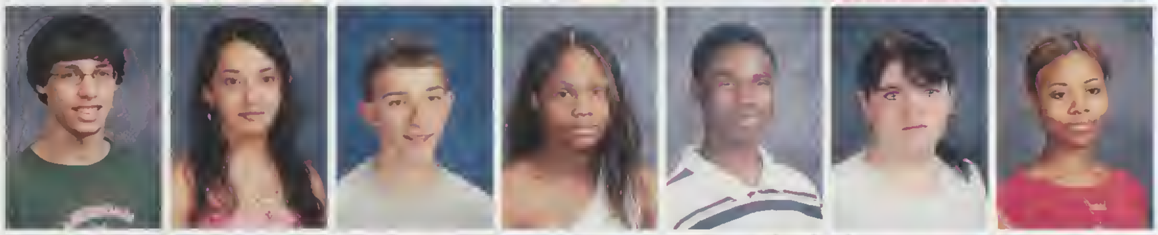

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Monica Lewis
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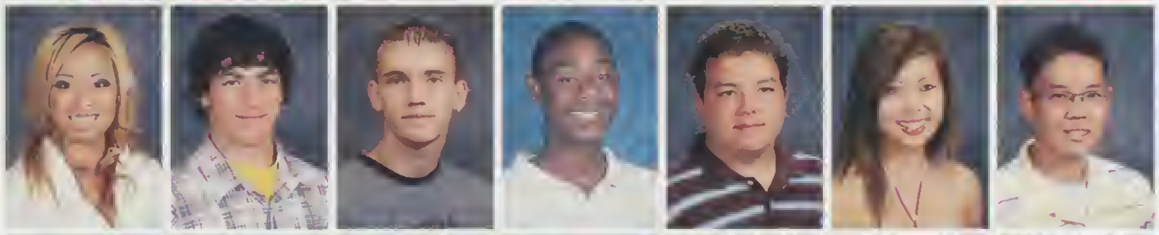
Latisha Lockhart



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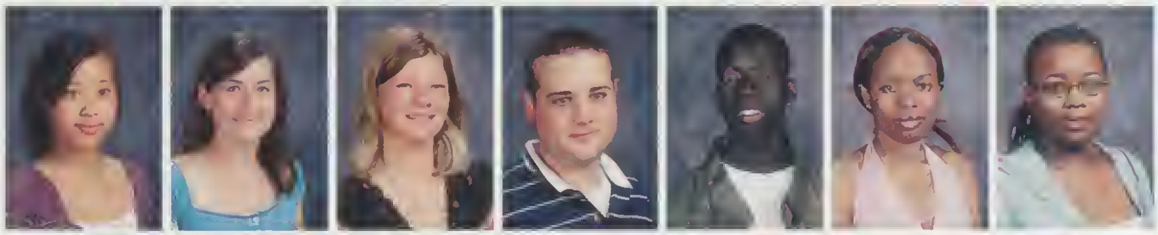
Alixandria Lu
Thinh Luong



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Linda Madison
Russell Madison
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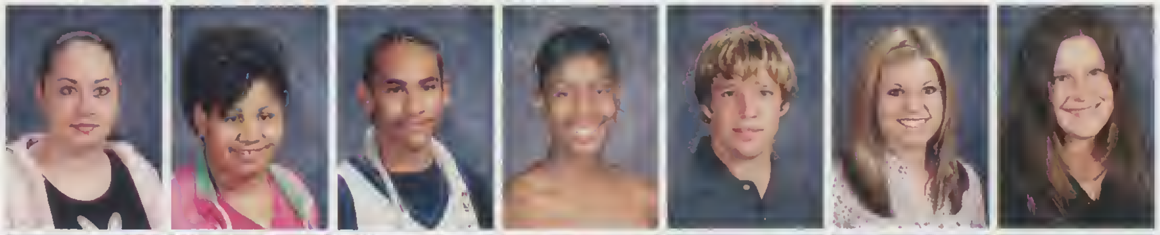
Nyandiet Magang
Rebecca Mallett



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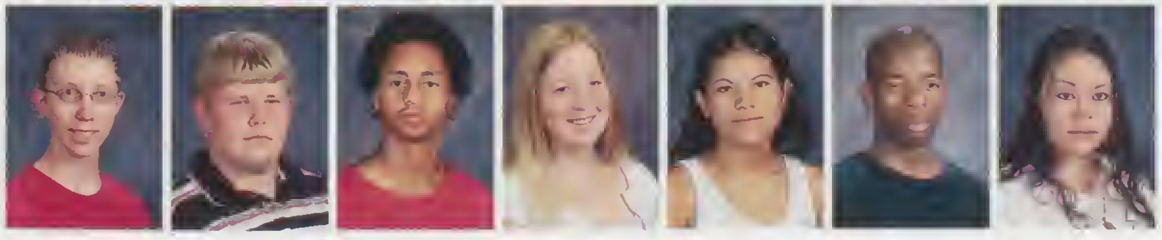

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Jessica Meza-Lechuga

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Taylor Miller
De'Marcus Mitchell
Monica Mom
Marguerite Moore
Susan Moreno

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Sofia Munoz
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Brayden Murray
Breanna Murray
Joshua Myers
Tamisha Newberry
Nicholas Newcomb
Hoang Nguyen
Lom Nguyen

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Rachel Olson
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Joey Petersen
Micheal Phelan III
Edgar Plascencia
Ashley Plew

Channing Quinn
Jennifer Radley
Elena Ramirez
Chelsey Randolph
Corey Rankins
Elisiel Raygoza
Nicole Rayman

Kyle Reasoner
Stephanie Reasoner
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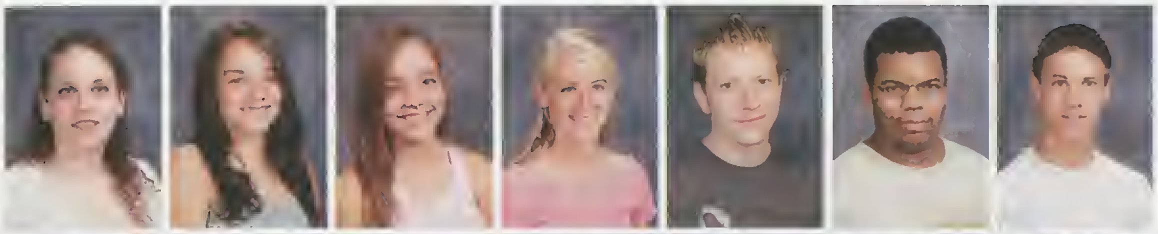

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Ronald Robinson
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Amanda Schmit
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Dani Scott
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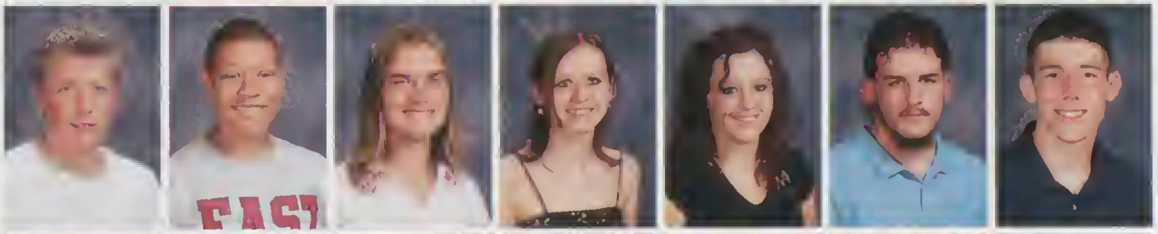
Christian Smith



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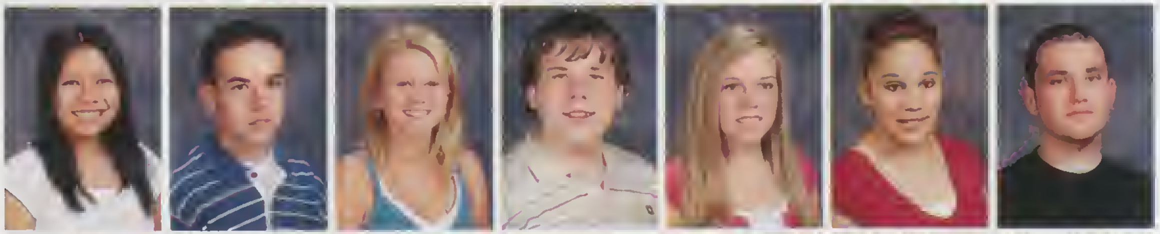
Katy Smith
Mallory Smith
Matthew Smith
Trenton Smith



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Cody Spurgeon

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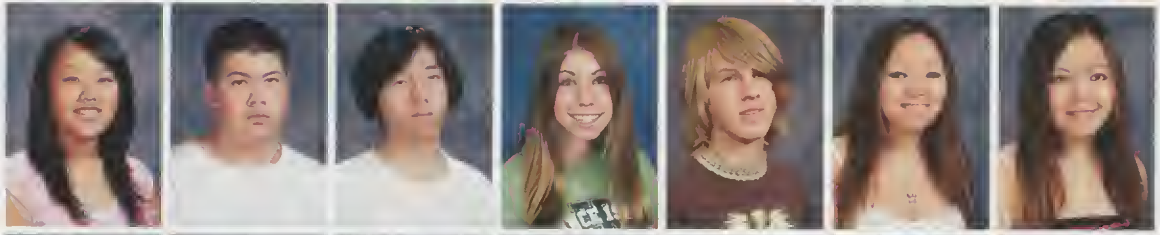
Paige Stock
Joshua Strother
Sarah Stroud
Katie Sturtz
Michelle Sutherland
Amy Tarr

Janeica Terry
Christina Tharp
Kayla Tharp
Matha Theppanya
Lucas Thevenot
Erin Thomas
Randall Thompson

Travis Thompson
Sammi Thurman
Stephanie Titus
Brett Toncar
Kelsey Treen
Jose Trejo
Jesse Ung

Melissa Uvalle
Orlando Valadez
Jeffrey Van Deo
Amy Van Gundy
Brooke Van Gundy
Tyler Van Winkle
Felicia Vandervelden

Jiear Vang
Joey Vang
Sebastian Vang
Ashley Vangorp
Adam Vanhelten
Phonesiri Vanvongthong
Phonethip Vanvongthong



Anais Vega-Rocha
Jelena Vojvodic
Brandon Watkins
Roseanna Weaver
Andrew Weber
Alicia Weinman
Trinity Welch

Marc Whalen
Andrea White
Brooke Wilber
Danielle Williams
Molly Williams
Shawn Williams
Sydney Williams

Alec Wilson
Austen Winterbottom
Megan Winters
Kristina Wolff
David Wood
Kennesha Woods
Kylee Woods

Ashley Wright
Dao Yang
Ashley Yingst
Kelcey Young
Ryan Young
Osiel Zapata
Jacob Zimmerman

Sibling Rivalry

According to CanadianParents.ca, parents are told that comparing their kids leads to envy and will cause siblings to get back at each other. Instead, parents should appreciate their children's differences.

T[illegible] Amy and Lacy Flaherty play fight at the lunch table. Lacy says they share most of the same friends.

Freshman C.J. Hughes argues with his sister in gym class. Hughes enjoys annoying his sister whenever possible.

Maly Bounyalath snuggles up to her sister Sunny. These sisters strengthen their bond by playing in the orchestra together.

Sisters Sandra and Katy Smith have a sissy fight at the lunch table. Both say they get along well.

JUNIORS NOT PICTURED

Alanis, Patsy
Bishop, Emily
Cochran, Daniel
Densley, Aaron
Grafton, Margaret
Hanson, Lyndsay
Hethershaw, Jacquelyn
Hochmuth, Corey
Johnson, Michael
Jordan, Lorionne
Minchow, Drew
Pettijohn, Skye
Ramirez, Janet
Richie, William
Rumbaugh, Anthony
Singh, Jaspreet
Terry, Shannon
Vaske, Zachary

Brothers and sisters can be wonderful people. You can confide in them when you're facing hard times and they will be there for you, encouraging you with advice.

On the contrary, depending on the type of relationship you have with them, they can act as a powerful weapon, snitching on you to your parents and getting you grounded for a month.

Having a sibling in high school at the same time as you proves to have its own ups and downs.

Junior **Lacy Flaherty** and her twin sister **Amy** seem to have taken the positive side to it.

"It's always nice on the first day of school when you have someone there. You don't have to worry because you already have somebody that you know," said Lacy.

Junior **Jami Bowen** and her sister, **Jena**, are only a year apart. Jami agrees that experiencing high school with her sis can be stressful.

"It can be bad sometimes when rumors get spread about my sister and people get confused and think that I was the one they were talking about," said Bowen

Junior **Robert Frye**'s brother, **Jeff**, has experienced his first year at East as a freshman. Although the two brothers don't see each other often, Robert takes every chance he gets to pick on his little brother.

"When I do see him, I pick on him all the time. The best part is when I embarrass him in front of his friends and he can't do anything about it, but having him there also means I have to watch what I do so he won't snitch on me," said Frye.

Sometimes students with siblings in high school don't even claim their brother or sister. Junior **Hoang Nguyen** said that some kids don't even know that they're brothers.

"We ignore each other at school because we are so different. He has his things to do and I have mine. I'm kind of embarrassed of him," said Nguyen.

Overall, experiencing high school with a sibling does have its benefits.

"I think it will be fun after high school because I'll have someone to remember things with for the rest of my life," said Lacy.

Story & Layout By Abby Grover

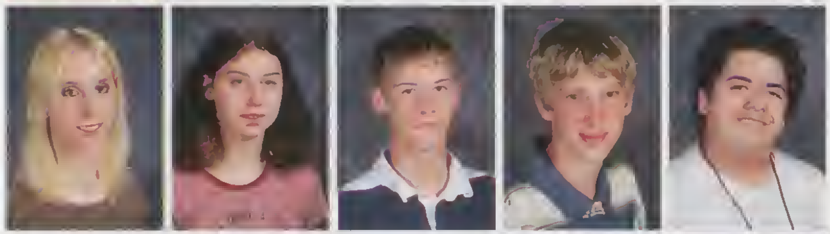
Sophomores

Derek Adams
Marylee Adams
Ernie Albarran
Alisa Allen
Jerraun Amerison

Joseph Anderson
Jonathan Arechiga
Iduan Arreola
Jessica Avant
Jill Ayersman

Daniel Baccam
Christina Bailey
Aaron Baker
Latez Baldwin
Steven Bales

Vance Bales
Andrew Ballard
Darby Ballard
Gregory Ballard
Peter Barlean

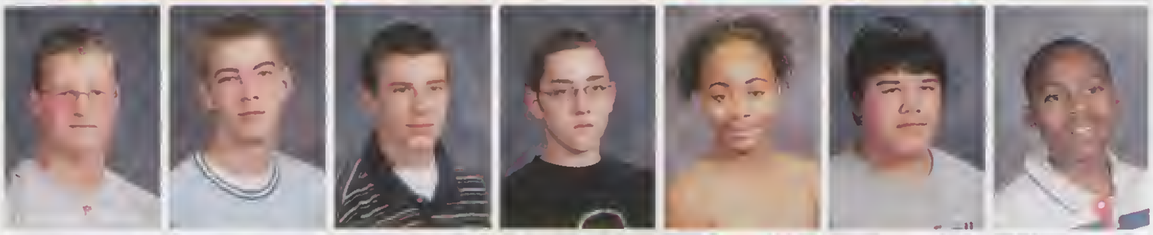

Ashley Barnes
Tammy Bartley
Kyle Bates
Benjamin Baumbach
Ruben Bautista

Gianni Beer
Jamie Belcher
Sasha Belieu
Maurica Bellaphant
Amanda Bellis

Brandie Bennett
Antonio Bernardino
Kathleen Bernardino
Michael Bickle
Ashley Bishop

Jordan Bixler
Jason Blakely
Pennie Bland-Powell
Dillon Blasnitz
Lacey Blodgett

Tim Bolander
Marquis Bonds
Cody Bosley
Jordan Boston
Naly Bounyalath
Jena Bowen
Cody Bowers



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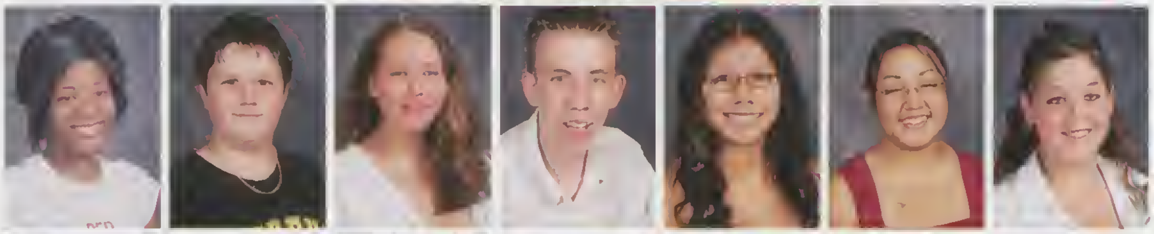
Michael Boyd
David Brickles
Joseph Bright
Tarayia Brooks
Kevin Brooks-Fernandez
Devonta Brown



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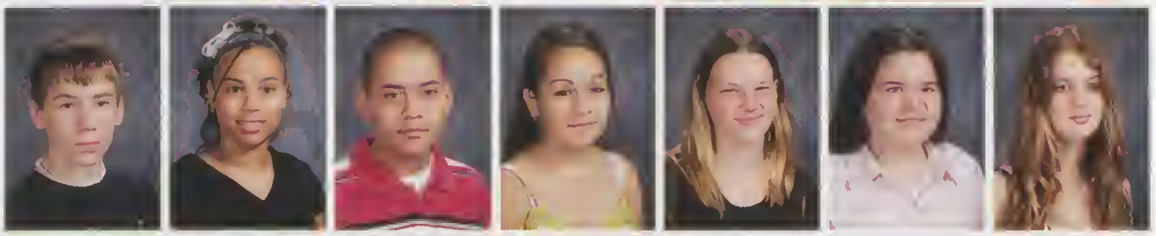
Joshua Brown
Kelsie Brown
Charles Brumbaugh
Narelle Buffalo
Lorena Bustamante
Jennifer Byrkett



Damien Cain
La Queysha Calderon
Mario Canizales
Gloria Cardenas
Breanna Carder
Allison Carrick
Tiffany Carroll

Nefatari Carson
Antonio Carter
Kirk Carter
Valencia Cason
Marcial Castillo
Max Cavan
Norma Ceballos

Mia Chagoya
Davie Chan
Brett Chapman
Joseph Chase, Jr.
Tyler Chumbley
Chekesha Clark
Jovan Clark

Rebeca Clay
Edward Clearwater
Christopher Cleaver
Brandon Clement
Frank Cochrane
Adrian Cole
Amanda Coleman

Catherine Coleman
Ashley Collins
Tarah Combs
Tiffany Consolver
Kayla Court
Amanda Cox
Amanda Crabb

Justin Crone
Amanda Croy
Joshua Curry
Larry Davis
Timothy Dawson
John Denin
Jessica Dennie

Shantall Diaz-Colunga
Hillary Dickens
Lateesh Dickens
Matthew Dickey
Emma Diver
Jessica Do
Jaime Drake

Jesse Drake
Justin Duckworth
Randy Duncan
Risaun Duncan
Israel Duron
Cassie Eddins
Adam Eklund

Austin Elder
Emily Ellenwood
Tiffany Elliott
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Elliott Evans
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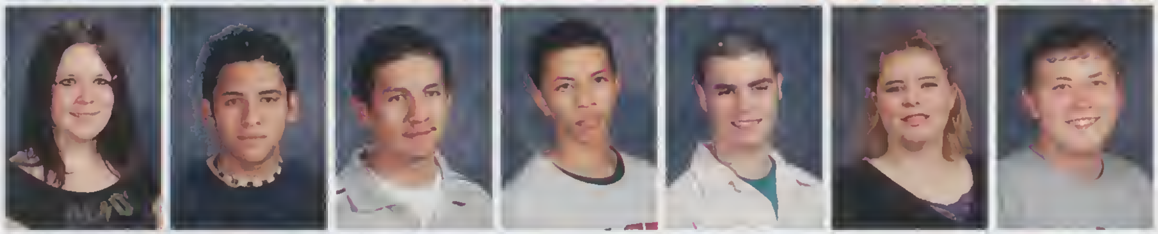

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Viviana Garcia
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Michael Garrison

Apryl Gebhart
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Victoria Geppert
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Tiera Gines
Amber Giron
Craig Gish

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Nycole Gomez
Alondra Gonzalez
Jose Gonzalez-Garcia
Cody Gordon-Young
Eli Gowin
Olivia Graham

Lyndsey Griffey
Steven Grim
Katherine Grimm
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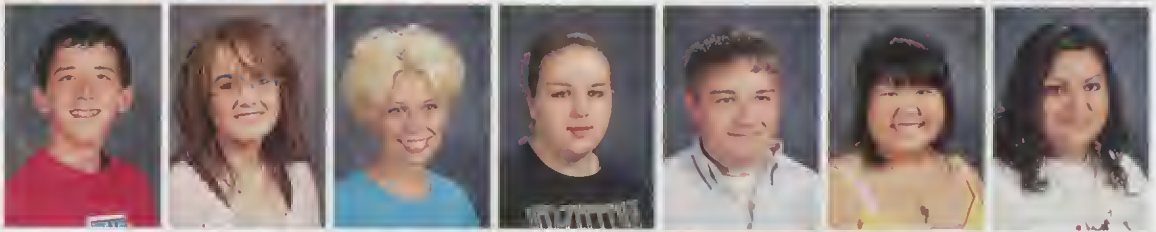

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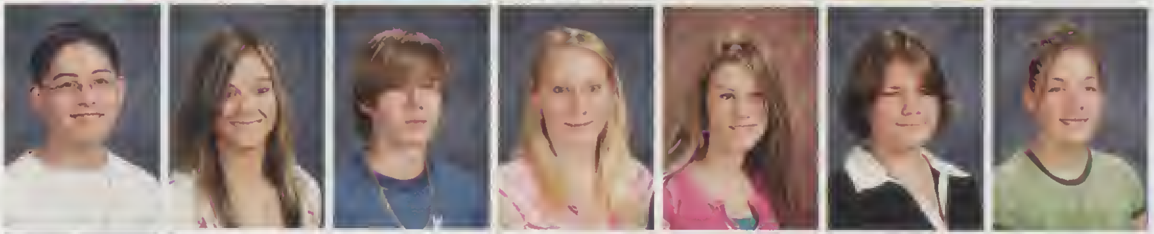

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Phouthasac Keopraseuth

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James Lageson
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Paul Landers
Thomas Lansing
Chelsea Larsen
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Humberto Lechuga
Ka Lee
Joshua Lewis

Justyn Lewis
Kybrary Little
Daniel Lloyd
Austin Locke
Sean Logan
Diana Longoria
Ivan Lopez

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Jacklyn Lovan
Maranda Lovan
Sarah Lown
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Tanner Luft
Alex Luna

Anthony Luu
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Amber Lyons
Cody Lyons
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Kayla Madison
Tanisha Madison

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Taner Mann
Jade Manning
Methta Manyvong
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Yolanda Marquez
Carla Marroquin

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Amanda Martin
Jessie Martin
Leigha Martin
Terisha Martin
Luis Martinez
Brianeisha Mason

Luis Mata
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Ashlee Matthias
Pius Mburu
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Donovan McClain
Steven McClish

Kelsi McCuen
Ian McDonald
Nicole McFadden
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Lori McGee
Robert McGregor
Jorden McGriff

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Fortune McOhane
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Nicole Miles

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Kendra Miller
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Nicholas Mongar

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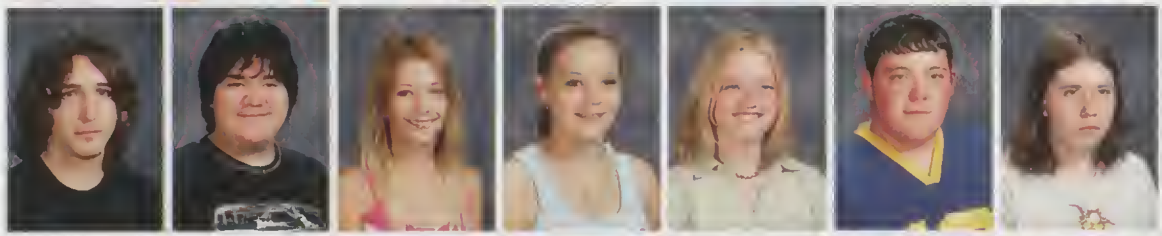

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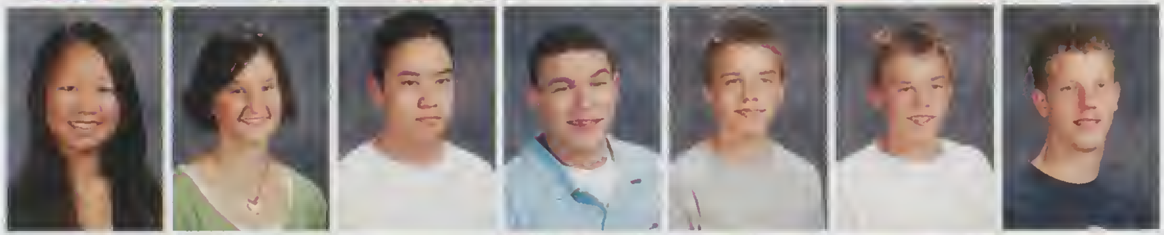

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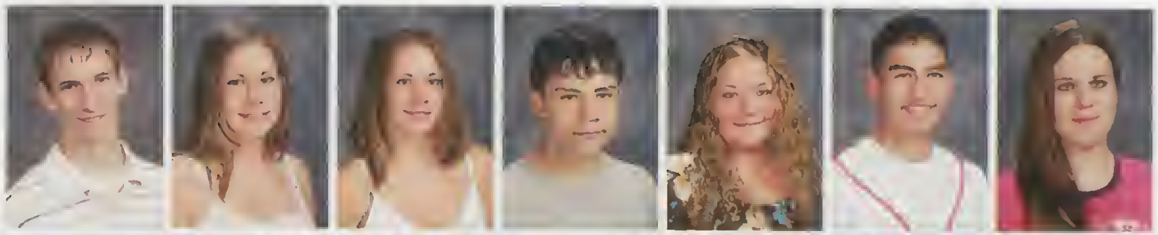

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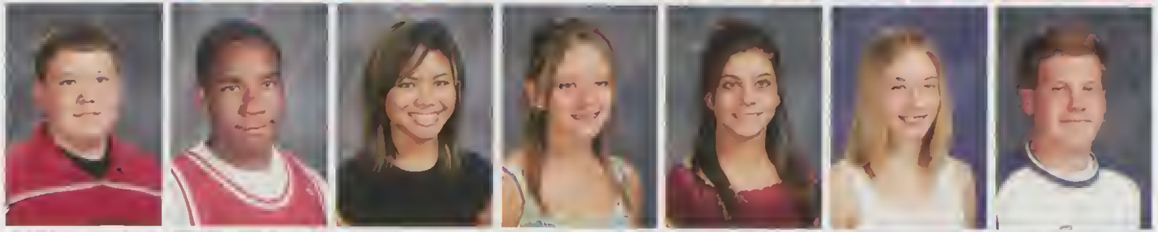

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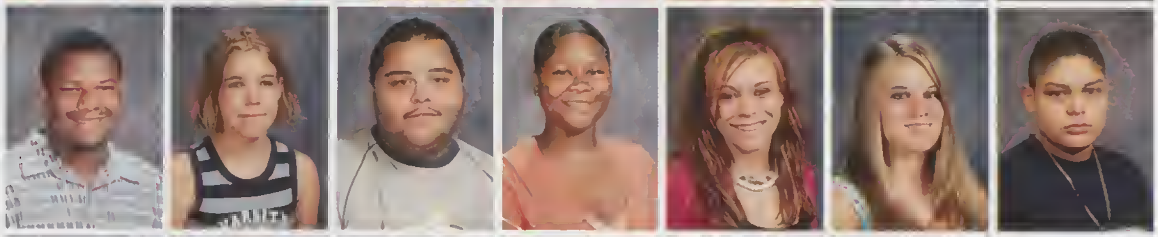
Rachael Schwartztrauber
Brian Scott
Craig Scott



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Tina Sease
Mattison Sellers
Salvador Serrano

Mykeal Shade
Paige Shannon
Carrie Sheeler
Andrew Shelton
Aundrea Shepherd
Natasha Siders
Jacob Skinner

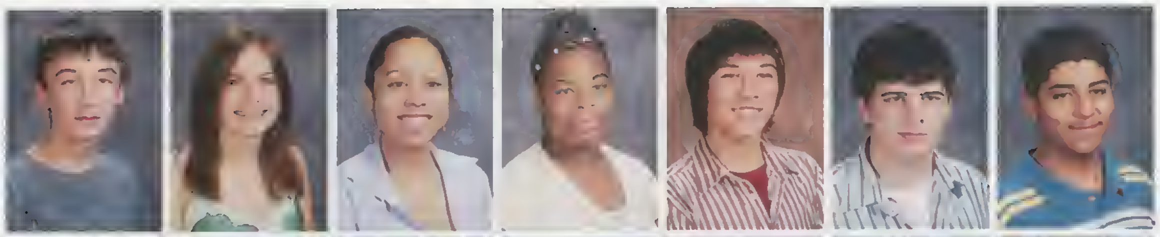
Justin Slemp
Richard Slifka
Kyle Slinger
Carissa Smith
Cody Smith
Jessica Smith
Michael Smith

Samantha Smith
Whitney Smith
Stephanie Sorensen
Davone Souksaengmany
Tina Spagnolo
Jerrica Spencer
Tiffany Stangland

Ashley Steben
Jamie Steuerwald
Travis Stewart
Jennie Stogdill
Jeannie Stone
Carl Stoutenburg
Katie Stroud

Sophomores

Steven Stuber
Jennifer Sullivan
Denise Sumabat
Daquinta Sumlin
Joshua Syvixay
Zachery Teas
Victor Terromes



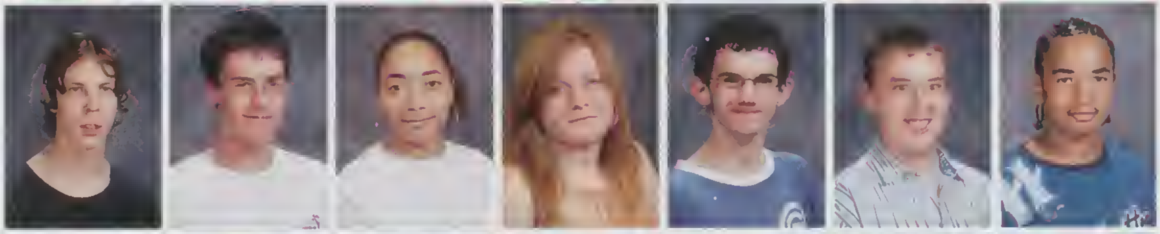
Heather Terry
Tye Thomas
John Thompson
Tyler Thompson
Linsey Thurmod
Jay Tillotson
Alexis Timm

Afton Torres
Jessica Tran
Casey Turner
David Turner
Joseph Turner
Kania Turner
Brianna Usovsky

Mariana Valdez
Emanuel Valenzuela
Allen Van Gundy
Ethan Van Helten
Robert Van Weelden
Corey Vandenhemel
Kee Vang

Xylon Vang
Mario Vasquez
Ivan Vega
Samantha Vest
Stefen Vigil
Jessica Vong
Robert Waddell

Byron Waldron
Robert Walker
Tas Janae Walker
Becky Waltz
Craig Warner
Jacob Watkins
Jared Weatherall



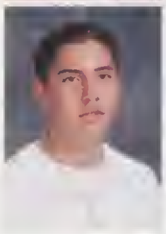
Justin Webb
Aarron Weets
Nichole Wegner
Megan Weiland
Glen Welch
Trevor Welch
James Wells

Jeanelle Welsher
Ashley Wessel
Stephen West
Angela Western
Casey Whitehead
John Whiteman
Joshua Whitten

Taylor Whittington
Dale Widman
Ashley Wignall
Allen Williams
Nathan Williams
Volin Williams
Travis Williamson

Robert Willson
Alex Wilson
Allen Wilson
Chelsea Wilson
Jessica Wissler
Adam Wolf
Derek Wollesen

Kacey Wollesen
Jacinda Woods
Amber Woxell
Nickolus Wren
Nytasha Wyant
Jessica Yaw
Nicole Young



Francisco Zambrano

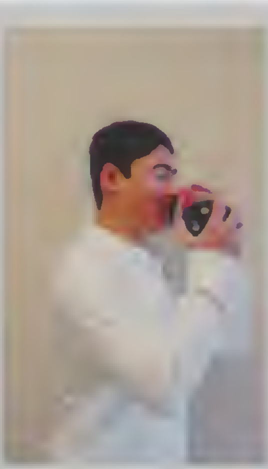
SOPHOMORES NOT PICTURED

Allden, Shannon
Ball, Ashley
Black, Cornelius
Brown, Aaron
Burmania, Casey
Chal, Serena
Champalath, Timothy
Contreras, Sandra
Crees, Steven
Deng, Deng
Deng, Panther
Dominguez, Irma
Durrett, Randi
Espinoza, Tyron
Evans, Cherelle
Fees, Jennifer
Gonzalez-Garcia, Jose
Hernandez, Erica
Jones, Tony
Kohrs, Kelsy
Korock, Matthew
Leanos, David
Mays, Tia
Medina, Maria
Millard, Thomas
Mosby, Kenneth
Osborn, Kindra
Pontious, Angela
Rankin, Joshua
Serrano, Estrella
Taylor-Freeman, Demarco
Thompson, James
Trujillo, Lorena
Van Dyke, Emanuel
West, Matthew
Ybarra, Marty

obsessions

Layout by Jami Bowen and Jennifer Harmon

"I pop my knuckles like eight times a day. Sometimes it hurts but it usually feels really good. I even have different techniques."
-Brittany ODell



[illegible]
-Derek Adams

"I like to eat watermelon for breakfast. My mom takes me to Wal-Mart to buy fruit and then I bring it to school to eat."
-Stephanie Ouverson

Derek Adams is obsessed with Wild Cherry Coke.
Paige Shannon is in love with "I Love Lucy."
Music is **Nick Mongar's** infatuation.
Collecting records is **Michael Schock's** passion.
Brittany O'Dell can't go a day without popping her knuckles.
Stephanie Ouverson's obessison is fruit.

"[illegible] stuff five or six years ago. I started collecting after I saw the chocolate factory episode, which is my favorite."
-Paige Shannon

"Music makes me loose control"
-Nick Mongar

"I think that records are really cool. I've collected a lot of them."
-Michael Schock

Freshmen

Iris Aguila
Carolina Aguilar
Eddie Albarran
Karen Alcaraz
Alexis Alexander

Cecily Ambroson
Stacy Anderson
Nicole Andreano
Martha Arambul
Sydney Armater

Larry Armstrong
Todd Arnold
John Audas
Jeffrey Aunspack
Socorro Avila

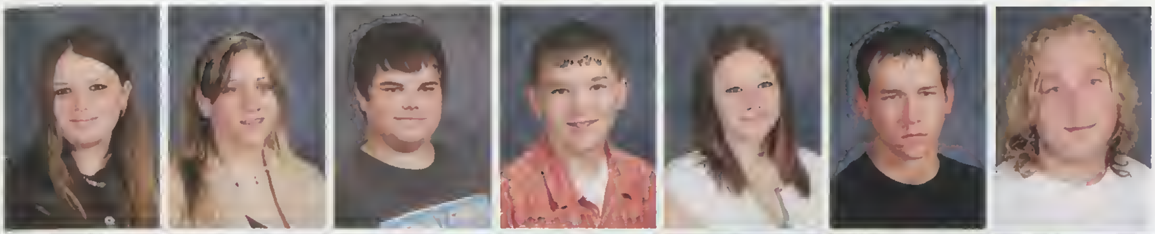
Matthew Ayala
Christopher Baccam
Coby Baccam
Monica Baccam
Jacob Bailiff

Christopher Bales
Brandi Ball
Emily Banks
Mary Barlean
Michael Barr

Patricia Barton
Erik Bason
Charli Bauer
Gage Bauer
Amanda Baumgardner

Marlene Bautista
Sammie Beal
Kenli Beck
Jaleesa Beechum
Mikel Beem

Miranda Beerbower
Jacob Belcher
Tyler Bemis
Jamie Bentley
Luis Bernabe

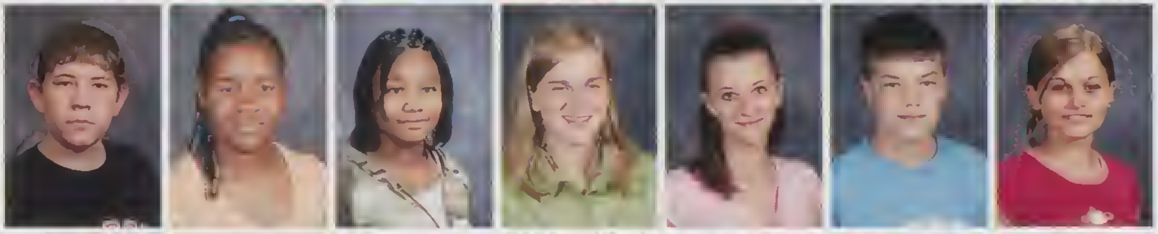

Catherine Berst
Alyssa Betts
Gerald Biery
Erik Bishop
Taylor Bishop
Kyle Blair
Robert Blair

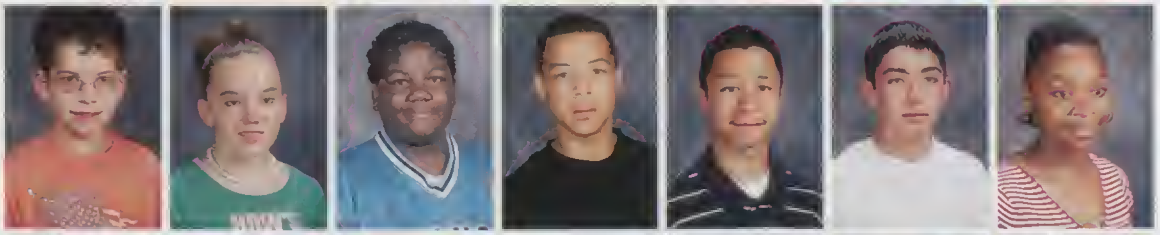
Falyn Blakely
Damion Blasnitz
Jacob Blodgett
Jamell Bolden
Jody Borton
Samantha Bothwell
Tara Bougher

Karissa Bouthillette
Kaydie Boyd
Nichole Boyd
Courtney Bozman
Andrew Bradley
Michael Branson
Rachel Brennan

Jerome Brewer
Jenny Brockman
Donald Brooks
Jacob Brooks
Aaron Brown
Antionae Brown
Lacey Brown

Michael Brown
Morgan Brown
Samuel Brown
Thomas Brugioni
Stephanie Brumbaugh
Diero Buchanan
Shamir Buchanan


Joseph Buck
Kyeasha Buckner
Shy-Londa Bumpus
Faith Burnett
Shelby Burns
Morgan Bush
Jennifer Butler


Robert Byron
Kerissa Cain
Thelma Cain
Kyle Calaway
Ryan Cam
Brady Camacho
Latifah Camp

Maria Campa
Andrea Campbell
Samuel Campbell
Estefan Cardenas
Saul Cardenas
Justin Carder
Misty Carder

Micheal Carolus
Yuridia Carrasco
Cody Carruthers
Devin Carter
Patrick Carter
Travis Casey
Zach Casey

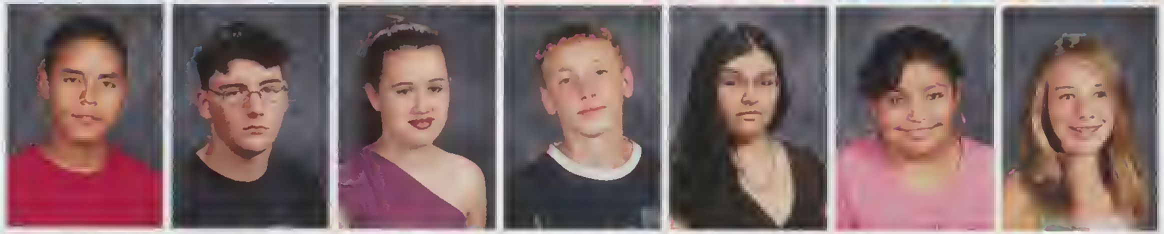
Christine Cassill
Cindy Castro
Nari Cavan
Fatima Ceballos
Jessica Ceballos
Jenny Chai
Savonny Chal

Justin Chamberlain
Jennifer Chang
Kai Chanthakham
Margery Chase
William Chatman
Ashley Clark
Letesha Clark

Chelsea Clay
Corey Clay
Melody Cleaver
Kyle Cloud
Jasmien Clouse
Brian Coe
Johnny Coleman

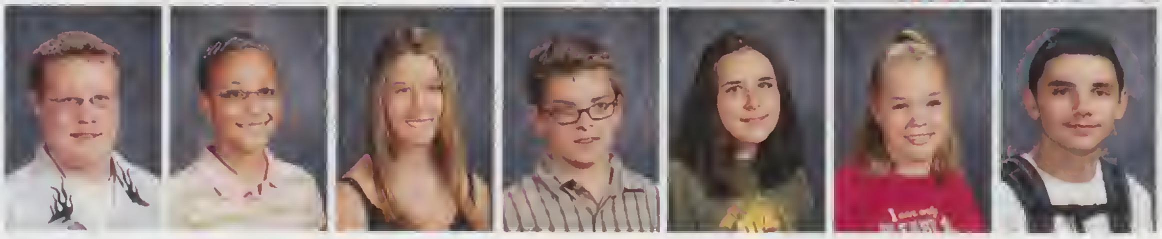
Misael Colunga
Emily Colvert
Megan Conkel
Rodney Conn
Cillian Conner
Larissa Connett
Tabitha Consolver

Gaspar Contreras
James Cook
Nichole Cook
Jacob Cornelison
Giselle Corona
Jenny Cortes
Michele Cory



Andre Coyle
Anthony Cross
Shane Cross
Michael Cummings
Clinton Cunningham
Joshua Cunningham
Logan Dabney

John Daly
Ashley Dameron
Priscilla Damron
Michael Davidson
Kristen Davies
Amanda Davis
Brad Davis



David Davis
Mandy Davis
Rebecca Davis
Robert Davis
Bradley Davison
Jordan Dawson
Reyna De Avila

Ryan Dearth
Angel Decker
Jeremiah Deever
Justin Defrancisco
Kalea Delk
Kirsten Dellaca
Christina Demoss

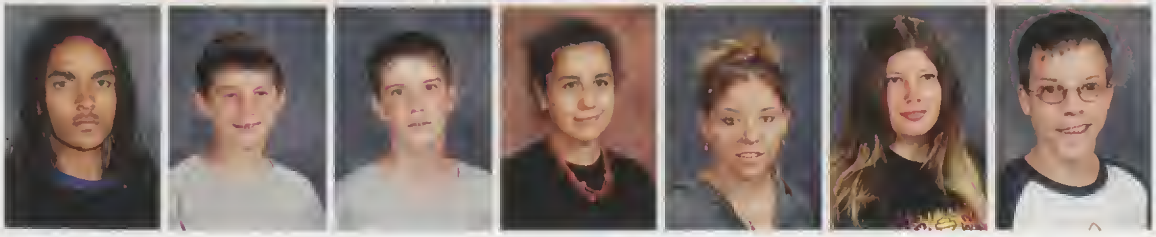
Kristina Denin
Arnesha Dennie
Paulina Do
Tram Do
Neil Dobson
Kendi Dockum
Nathan Donahue

Julieann Drake
Matthew Drew
John Drewes
Matthew Dulaney
Shelby Eckardt
Travis Edvenson
Justin Edwards

Chasity Ellis
Natasha Ellis
Taylor Erickson
Ieshia Evans
Jennifer Evans
Fatima Fagory
Brandi Farnsworth

Kimberly Faux
Heather Fees
Eric Feldmann
Samantha Fertig
Kelly Fetters
Alexis Ficek
Aaron Fields

Christopher Fields
Kalynn Fields
Eric Fierro
Alex Finn
Tyler Fisher
Dennis Flanders
Isabel Flores



Tycarr Floyd
Robert Fogle
Kody Ford
Zamira Fraire
Ashley Frazier
Jessie Frazier
Brandon Freerksen

James Freimark
Jeffery Frye
Landsey Fulford
Anthony Funaro
Megan Gabriel
Jessica Gaines
Keya Gaines

Logan Gallardo
Hector Garcia
Adam Gardner
Ryan Gile
Ryan Ginn
Kayla Glover
Mariah Glynn

Elizabeth Godoy
Ashley Gogerty
David Gomez
Lacey Gomez
Daniel Gonzales
Sergio Gonzales
Jacqueline Gonzalez

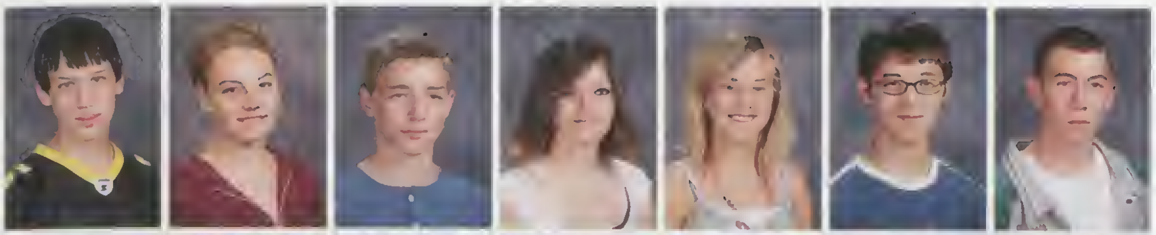
Tailar Good
Kodie Grantham
Laura Gray
Brooke Green
Rebecca Green
Roman Gregg
Drew Grier

Star Griffin
Bailey Grunsted
Macon Grunsted
Bessie Grutel
Kerrie Gruwell
Casey Gulling
Jeremy Gulling

Cesar Guzman
Dustin Hadley
Kathren Hadley
Amber Hager
Anthony Hall
I'Ston Hall
Justin Hamilton

Kayla Hanlin
Jordan Harmon
Melissa Harmon
Richard Harris
Taevon Harris
Jacob Harrison
Salena Harrold

Colten Harvey
Danielle Haskins
James Hastings
Chrisanne Hauser
Robert Hawthorne
Brandon Hayes
Quinton Haygood



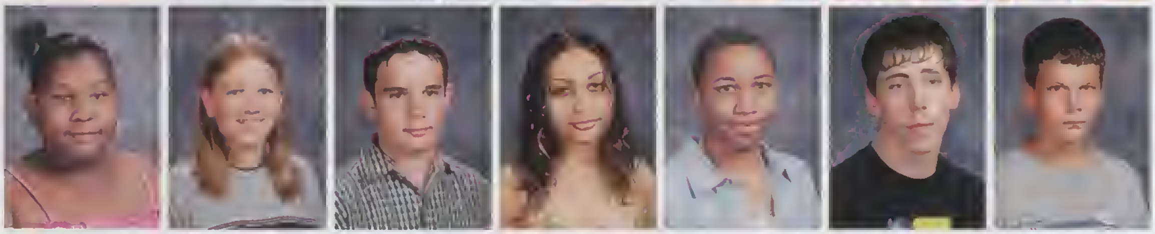
Logan Hearshman
Jessica Helfrick
Daniel Hellmers
Tessa Hellmers
Miranda Henderson
Jordan Henkle
Ryan Henry

Brian Hensley
Jonathan Hernandez
Zaraida Hernandez
Devon Herold
Matthew Hill
Ariel Hilson
Hussein Hired

Raishon Hodges
Morgan Holcomb
Dorian Holder
Herbert Holder
Jerry Holmes
Christopher Hols
Sara Hon

Lindsey Hosman
Thomas Howe
Johnica Hudson
Charles Hughes
Sashekwa Hughes
Angel Huse
Charles Huse

Natasha Huxford
Elmoiz Ibrahim
Isaiah Jackson
Michelle Jackson
Stevi Janssen
Stephanie Janssens
Marcus Jarnagin



Iresha Jenkins
Ariel Jetty
Jesus Jimenez
Norma Jimenez
Andre Johnson
Andrew Johnson
Cody Johnson

Sander Johnson
Skylar Johnson
Gregory Johnston
Christopher Jones
Johnny Jones
Pearle Jones
James Jordan

Roda Joseph
David Judge
Joshua Keiran
Tony Kenesy
Kelsi Kern
Kevin Khanthavong
Jessica Kilby

Tom Killen
Kayla Kimmel
Delbert King
Joseph Kingery
Allison Kinter
Cody Kittell
Destini Knight

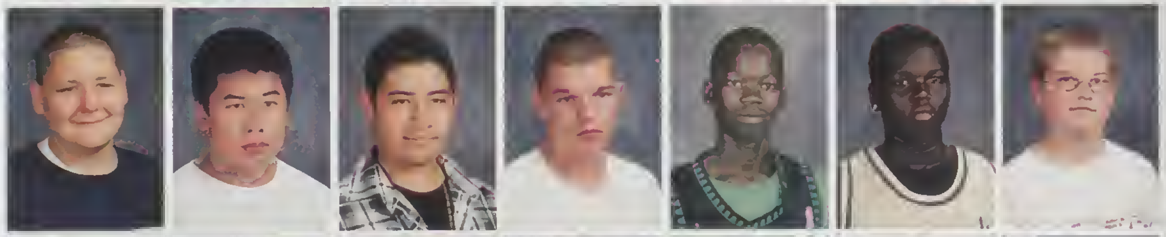
Darika Kouangvan
Claudia Kyalangalilwa
Sara Ladd
Zachary Laird
David Lammey
Kameran Lampe
Dionna Langford

Samantha Larimer
Ashley Lawrence
Scott Le
George Leach
Brandie Lester
Mark Lester
Nicole Lester

Kurtis Leuang
Lois Lewis
George Lijadu
Eris Lingenfelter
Khibresha Little
Tammijo Lohf
Jamie Long

Maria Lopez
Sadie Lord
John Lovan
Johnny Lovan
Nisa Lovan
Ashley Lovell
Chase Lowrance

William Lundbohum
Colby Luongvan
Cesar MacEda
Phraitho Madison
Abrahm Magang
Wour Magang
Benjamin Majerus



Ashtin Manley
Luke Manley
Jacob Mann
Shardaine Manson
Sharde Manson
Aaron Maranville
Brittany Marble

Linda Marquez
Norma Marquez
Constantine Marroquim
Alec Martin
Mark Maschke
Suzanne Maschke
Genaro Mata

Stacia Mattix
Patrick Mburu
Marcus McCollum
Molley McCuddin
Tessa McDaniel
David McFarland
Giovani McGee

Justin McGinn
Theodore McGinnis
Melvin McGregor
Mantez McGuire
Marshal McKay
Richard McKeehan
Hannah McKeever

Derrek Meath
Elizabeth Medina
Toby Meyer
Jorge Meza
Eric Michael
James Michael
Michael Midthun

Ashley Miller
Elysia Miller
Josh Miller
Tyler Miller
Jacob Mitchell
Zac Mitchell
Deric Moats

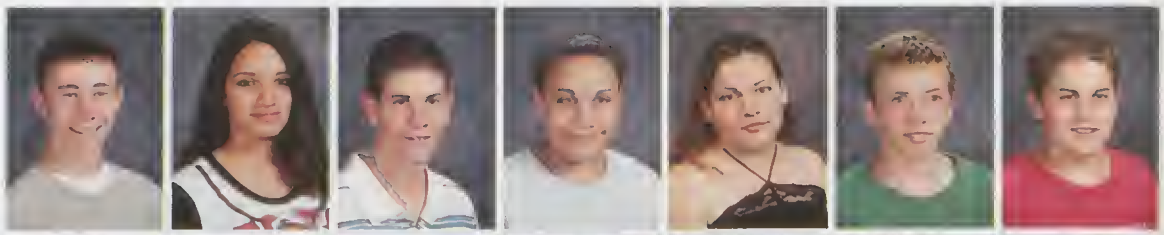
Jesse Moeller
Madai Montesinos
Jeffrey Moore
Kyle Moore
George Moreno
Mario Moreno
Ashley Morrill

Courtney Morton
Emily Mullen
Meribeth Mullin
Nicholas Mullins
Troy Mure, Jr.
Ruby Murillo
Courtenay Murphy

Morgan Murray
Staci Myers
Levi Nall
Mayra Nava
Joshua Nelson
Kaylee Nelson
Shawn Nelson

Shantarae Newman
Doan Nguyen
Patrick Nichols
Joseph Nixon
Antonio Nizzi
Brooke Noel
Myzsaa Norvell

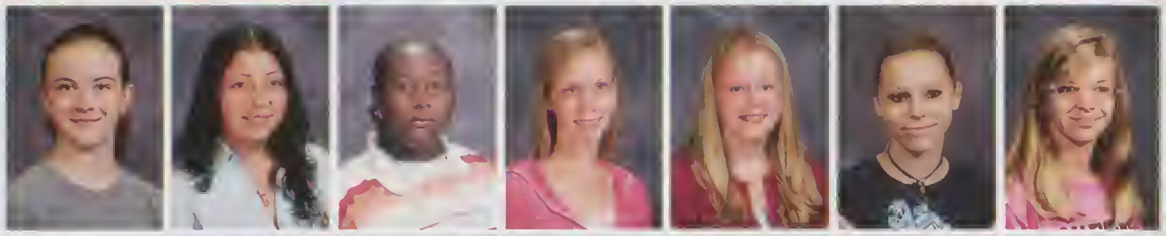
Brett Obermeier
Jamie Odegaard
Cody Oliver
Danielle Oliver
Araceli Olmos
Michael Olson
Kyle Omundson



Alejandra Ordaz
Albert Ortega
Kassandra Overton
Jordan Owen
Zachary Owens
Elaine Paeha
Daniel Padgett

Christina Palmer
Amy Parker
Devan Parsons
Omar Patino
Steven Patrick
Jessica Patterson
Meleah Patterson

Ashly Peavey
Virginia Perez-Lopez
Edward Perkins
Jocelyn Perkins
Joanna Peters
Amber Peterson
Jordan Petrie

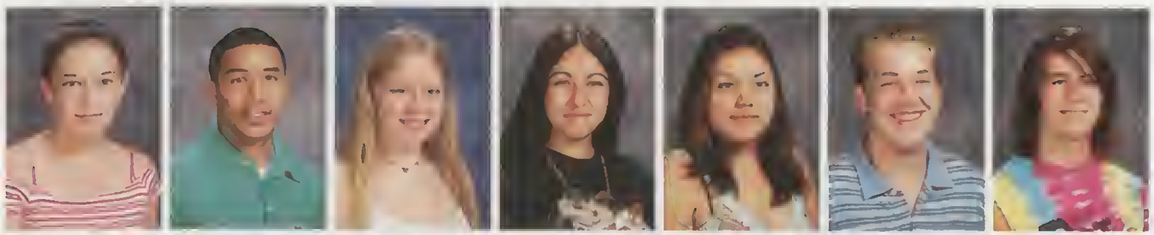


April Phommavong
Preesa Phondeth
Angel Pina
Amy Pittman
April Poland
Sergio Pons
Justin Porter

Tiffanie Porter
Katie Price
April Quiroga
Rafael Ramirez
Starla Rasmussen
Sunday Ratcliffe
Roberto Raya

Richie Reed
James Reimers
Frank Renfro
Jasmine Renfro
Janeth Reyes
Judith Reyes
Adriana Reyes-Pintor

Rico Reyna-Trevino
Corey Rhoades
Gage Rhoades
Amber Rhoads
Elizabeth Richardson
Justin Ridout
Chelsea Rife



Shyianna Riggs
Juan Rincon
Amy Ritchie
Soraya Rivas-Correa
Magali Rivera
Micheal Robb
Adam Robbins

Ryan Roberts
Brianna Robinson
James Robinson
Kimberly Robinson
Lakeitha Robinson
Marvin Robinson
Raymen Robinson

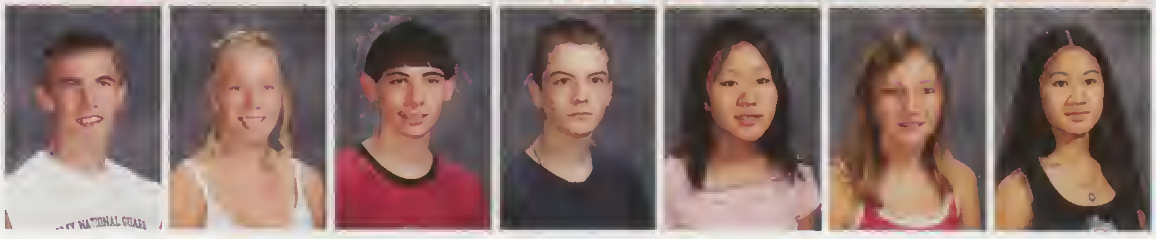
Shahira Robinson
Tiara Robinson
Cecilia Robles
William Rochon
Erica Rockey
Antonio Rodriguez
Consuelo Rodriguez

Guadalupe Rodriguez
Jesus Rodriguez
Karen Rodriguez
Colin Rogers
Deangelo Rosenbalm
Joshua Rothmayer
Kyle Rowe

Emily Rubenking
Jasmine Ruiz
Demarco Rushing
Robert Rushing
Calab Rustan
Jaymee Ryan
Jacob Sable

Luis Saldana
Aneda Sandoval
Jose Sandoval-Garcia
Maria Sandoval-Garcia
Charlie Santos
Arthur Sayasane
Brittany Scanlon

Samantha Schaffer
Tabatha Schaffer
Antonio Schmidt
Michael Schock
Evony Schooler
Samantha Scott
Heather Seward



Sam Sheldon
Charissa Shepherd
Stephen Sheridan
Nathaniel Sholley
Abby Siakhasone
Tayler Sibert
Shandy Sisamouth

Justin Skalsky
Chauncy Skeffington
Alexandria Slifka
Larry Sloan
Amher Small
Elgin Smiley
Abigail Smith

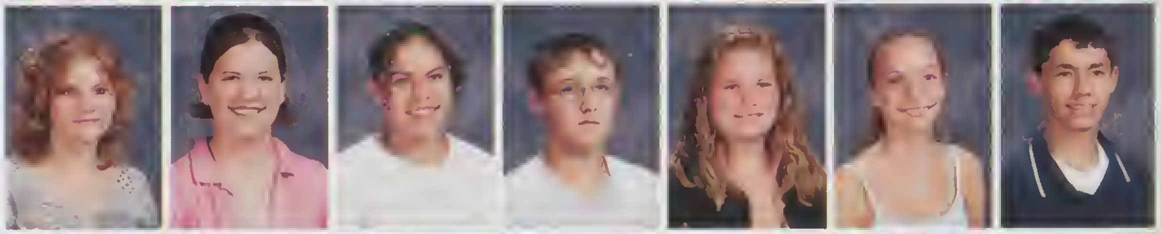
Erin Smith
Katelynn Smith
Kiandre' Smith
Marcus Smith
Richard Smith
Shawnee Smith
Shelby Smith

Skylar Smith
Benjamin Snow
Marietta Sonnier
Justin Sorter
Willieontae Soward
Brett Spaur
Erika Sprague

Crystal Spurgeon
Robert Starace
Michael State
Tara Stephens
Lyle Stephenson
Anthony Stevens
Donald Stevens

Karlie Stevens
Traesha Stevenson
Thomas Steward
George Stigler
Marketta Stigler
Brittany Stilson
Leah Stockbauer

Casie Stone
Lindsey Stoneburner
Shianne Stonehocker
Justin Stookey
Alyssa Strahl
Allison Stuhr
Tyler Stumme



Chris Sullivan
Stephanie Suriyasak
John Swackhamer
Johnathon Swanson
Cory Swisher
Bohby Sysombath
Brittany Syvixay

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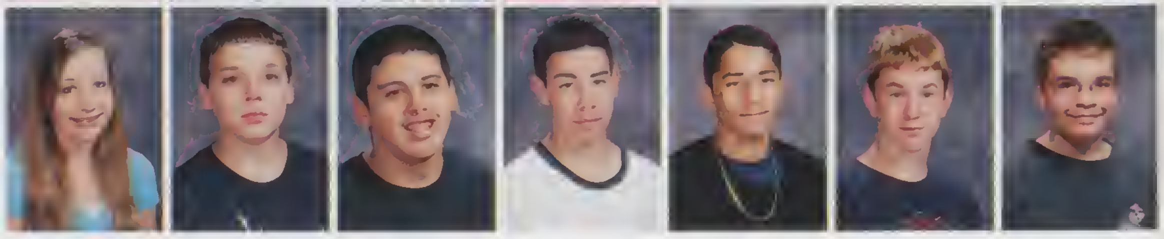
Jerel Teichroew
Leonnell Terrazas
Omar Terrazas-Lechuga
Andres Terrones
Randy Tharp
Alan Thompson



Cameron Thompson
Nicki Thompson
Scott Thompson
Megan Thurmond
Nicholas Tiano
Justin Tinsley
Ashley Titus

Nicholas Titus
William Titus
Samantha Toomer
Samantha Torres
Thomas Torres
Anousone Tran
Lesly Trejo

Aaron Tucker
Domagoj Tudovic
Diamond Turner
Shanae Turner
Travis Tutje
Horaleo Ukpan
Melissa Ulmer

Bradley Underwood
Paige Updike
Jose Valdez
Rose Van Gundy
Joe Vandermark
Naipong Vang
Pa Vang

Yuri Vargas-Palma
Maria-Moni Velasquez
Ryan Verwers
Daniel Villa
Jay Villalobos
Aaron Vincent
Kylie Vry

James Waddell
Brooke Wade
Christina Wagner
Ashton Walker
Jeffrey Walker
Madison Walker
Pamela Walker

Devin Waters
Cheyanne Webb
Matthew Webb
Crystal Weesner
Brittani Weichman
Jorry Welch
John Wellons

Randy Weltzheimer
Johnny Wentland
Edwinn Whalen
Matthew Widlund
Markey Wiles
Nicole Wilford-Kirk
Blake Wilkinson

Brittany Wilkinson
Christopher Williams
Travis Williams
Brooke Willson
Sheena Willson
Adrian Wilson
Derick Wilson

Shawna Wilson
Tyler Wisnousky
Christopher Wissler
Ronald Wolfe
Lacey Woltz
Katie Woods
Clarissa Wright

Heather Wright
Tyesha Wright
Patience York
Chase Young
Jennifer Young
Lindsey Young
Robert Young

Crystal Zapata
Joshua Zenor
Rosie Zermeno

Freshmen Not Pictured

Acosta, Wendy
Aguilar, Jorge
Alarcon, Edward
Anderson, Devan
Avila, Martha
Baccam, Rido
Balius, Kaela
Benavidez, Gerardo
Buchman, Alisha
Casner, Jessica
Chandler, Leonard
Chandler, Sarah
Clark, Michael
Cornejo, Ludwing
Crawford, Lance
Garcia, Ricky
Garner, Lukus
Gomez, Olegario
Gothard, Dakota
Grafton, Robby
Groh, Elizabeth
Gutierrez-Leon, Patricia
Habeck, Lyric
Henderson, Gerard
Henry, Kierstin
Hill, Ashly
Holder, Tremeshia
How, Paul
Hull, Tynisha
Ivie, Melinda
Johnson, Samantha
Jones, Amanda
Jones, Robert
King, Nicholas
Kouangthi, Thiky
Krivolavy, Christianna
Leanos, Michael
Mann, Ashley
Norwood, Cameron
O'Boyle, Sean
Olivares, Cindy
Pearson, Ashley
Perez, Gavino
Plascencia, Oscar
Robbins, Shelby
Robuck, Joseph
Rodriguez, Jerry
Segovia, Jesus
Senecaut, Dalton
Senecaut, Haley
Slinker, Stephan
Sly, Kory
Smith, Adam
Smith, Brianna
Smith, Erin
Spinks, Conner
Starks, Josephine
Steward, Ashley
Stout, Codie
Sunny, Christopher
Teaway, Reginald
Thurman, Donnie
Tinoko, Miguel
Turnbull, Mariah
Urbina, Abigail
Vancleave, Kara
Vargas-Palma, Ezequiel
Villasenor, Jonathan
Wiand, Kian
Williams, Randy
Wong, Sento
Wright, Jadawn

The Essentials

Learning how to make it as a Scarlet

Story/layout by Adam Crane

Making the transition from middle school to high school isn't always seamless, and every freshman learns many essential lessons that will make or break them in their journey to becoming a Scarlet.

A great deal of responsibility comes along with the change, especially in the realm of academics.

"You really have to earn your credits. In middle school you could just fail a class you didn't like and move on; here if you don't pass, you will have to take it over and over un til you do," said freshman **Travis Edvenson**.

The population of East is double that of any middle school which brings together a vast array of students that vary in many aspects like culture, ideas and interests.

"I remember when I first got here and it was amazing how many different people there were, in middle school everyone was from a small area. At East there were people from almost everywhere in Des Moines and there are still new people every year," said senior **Sarah Cain**.

With increased enrollment comes many more opportunities to get in trouble, which is often very distracting to incoming freshmen.

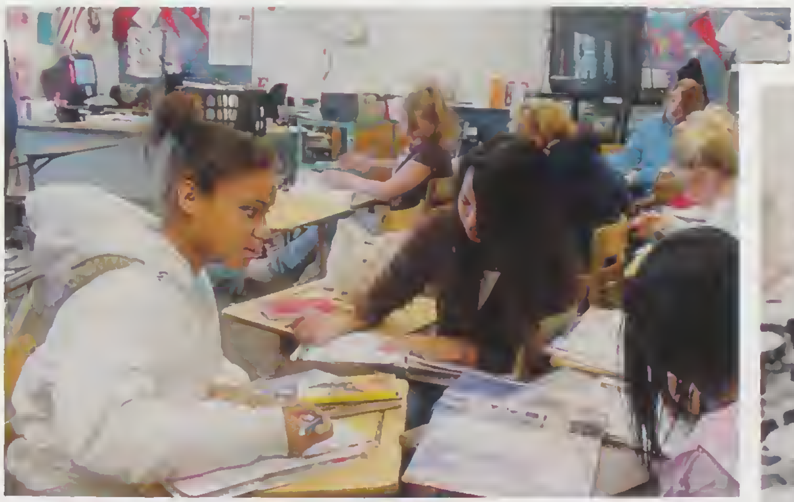
"Fortunately there are a lot more after-school activities available here so I got involved in football, track and basketball to keep myself out of trouble," said freshman **Sam Sheldon**.

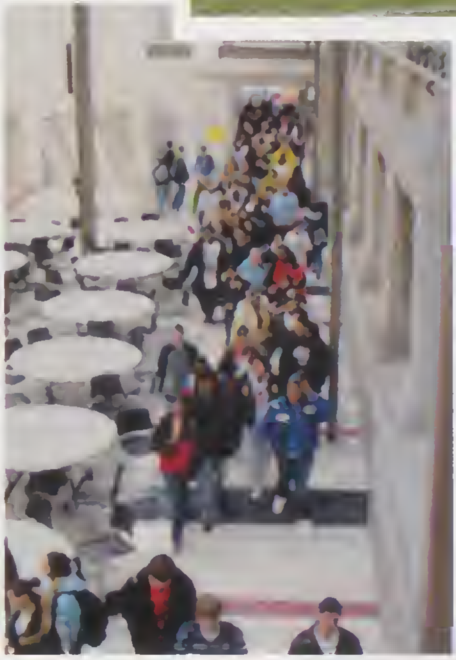
One challenge that often causes more trouble than any other for everyone at EHS regardless of grade is time.

"Time management is always tough and I still have trouble trying to fit everything into a day with class work, homework, extra curricular stuff, and everything outside of school," said Cain.

Once these lessons, among many others, are learned, EHS students attain the coveted title of EHS **Scarlet**.

EAST HIGH
MARCHING SCARLETS
DES MOINES, IOWA





Above, the freshman football team battles it out on the field. According to freshman Sam Sheldon, sports and other extra-curricular activities like marching band (top) were a big help in keeping freshmen out of trouble for their first year of high school.

Above, a Spanish I class toils away. Many freshmen felt their classes required more responsibility than those of middle school. Right, students race to the doors as school ends. Many people felt that there was a much wider variety of people than in middle school.

Faculty

Donna Adams
Rhonda Anderson
Robert Bagley
Linda Baker
Patrick Bannon

Randy Barrick
Annette Bierkamp
Lacey Bleich
Vicki Bonnett
Ronald Borstad

Kathy Brown
Ken Burgess
Nancy Butler
Kacia Cain
Douglas Calaway

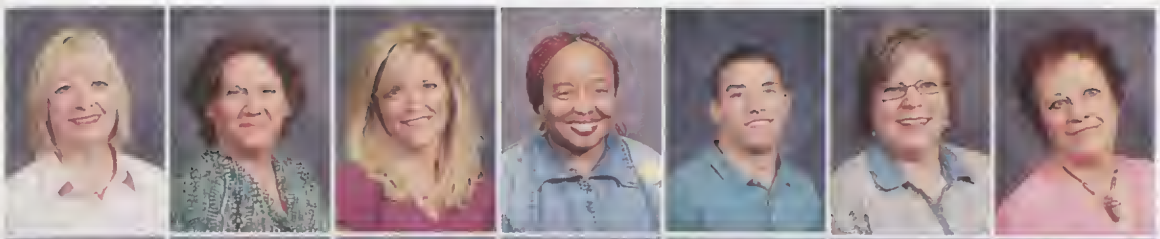
Robert Carmichael
Jacqueline Carrillo
Ted Christensen
Nancy Christy
Lloydette Clark

Shirley Corkhill
Christine Costello
Marjorie Crawford
Karen Cross
Kathy Crum

George Davis
Jo Ann De Haan
Sally Dehnert
Mary Doubrava
Carl Druatz

Nancy Duncan
Chris Dunham
Terry Eason
Samy El-Baroudi
Amanda Elmers

Lora Evans
Christian Ezell
Geoff Farrell
Nancy Fehn
Terrie Fenstermann



Diane Fleming
Julia Freel
Keri Frommelt
Ruth Ann Gaines
James Giboo
Ann Ginther
Shirley Gooch

Jerry Goodrich
Sid Gordon
Mel Green
Shawna Green
Maureen Griffin
Jake Habhab
Jeff Hall

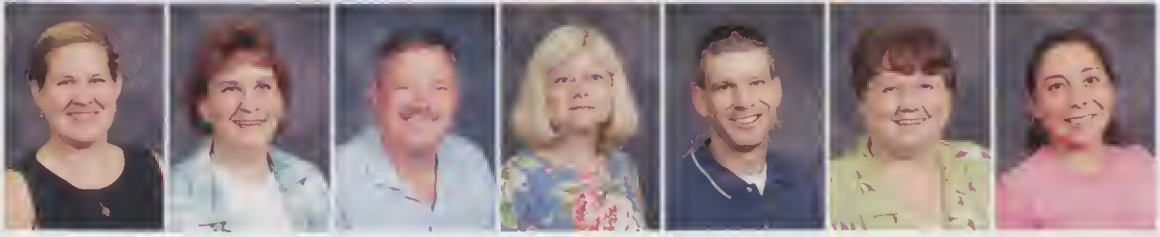
Michelle Hankins
Dena Harms
Pamela Harshbarger
Deann Hebert
Don Heese
Brian Hoff
Lynn Hoff

Kevin Hogue
Susan Hook
Andy Howard
John Hoyt
Frederick Hunter
Mark Hurley
Carol Hyslope

Angela Jackson
Jeff Jansen
Ed Jennings
Ginger Johnson
Vanna Johnson
Mary Kaldenberg
Sarah Keller

Aaron Kelly
Ed Kelly
Kathy Koenig
Erin Kramer
Erin Lantz
Michelle Le Blanc
Patrick Lewis

Lowell Long
Carol Lortscher
Derek Lounsberry
Stayce Lounsberry
Robbie Malm
Traci McCaull
Michelle McPherson



Jennifer Medina
Becky Miller
Martin Mohler
Linn Morris
Kenneth Morton
Brenda Navin
Laura Negrete

Kelly Neiber
Lorene Nelson
Linda Nemmers
Deborah Neustadt
Randy Nordaker
Frank Nwanpa
Bill Oleson

Beth Olkiewicz
Sharon Page
Tracy Patrick
Dehorah Peterson
Burle Pickett
John Raymond
Jennifer Rebel

Danielle Remily
Claudia Richards
Rick Roberts
Gary Rourke
John Rudisill
Linda Saddoris
Shawn Sanford

Christine Schaefer
Alvin Schatz
Sharon Schatz
Greg Schoon
Cynthia Selden
Diane Sheil
Gitanjali Singh

Canada Snyder
Kevin Sorensen
Vidal Spaine
Penny Spriggs
Mary St.Clair
Don Starcevich
Susan Stewart

Chad Street
Carolyn Strickler
Chris Strohmier
Stan Thompson
Kym Traczyk
James Turner
Fred Vanderley

Sarah Vaughan
Joyce Vickroy
Somkong Vong
Bill Waller
Tim Walljasper
Jerry Walter
Mary Westover

Jill Wibben
Fannie Wilson Cunningham
John Ytzen
Mike Zelenovich

Faculty Not Pictured

Brownsberger, Judy
Busch, Kristina
Carnahan, Dianna
Copley, Helen
Derby, Randy
Faidley, Matt
Foubert, Lisa
Gilbert, Ashley
Gilley, Jamie

Grove, Tina
Heller, Thana
Kistenmacher, Lori
Luft, Jennifer
Martin, Jason
Pattschull, John
Pecina, Larry
Phillips, Jennifer
Ryan, Deb

Scott, Chris
Summy, Derek
Turner, Francence
Vandorin, Bob
Wiegand, Susan

RULE THE SCHOOL

By: Jami Bowen & Jennifer Harmon

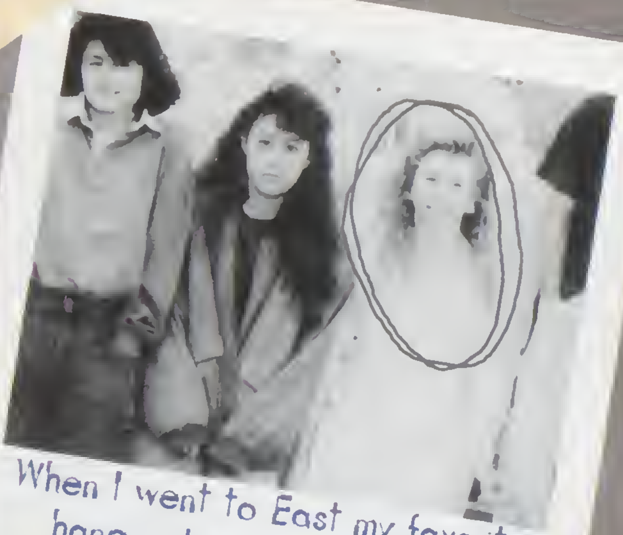
I went to Tech High.
I graduated in 1964.
I wanted to be an engieer, but wanted to coach so decided to become a teacher.
I was voted prom king.
I was the Vice President of my class.
I was the tennis team captain.
Who am I?

[illegible] Thompson

I went to East and graduated in 1975.
I was in the Science club.
I played football, baseball, basketball, and track, but was cut a lot.
I wanted to be a pro baseball player but went to college to be a teacher instead
Who am I?

Lowell [illegible]

I played basketball and track.
I went to Newton High School.
My high school job was Pizza Hut.
I was voted most athletic.
Who am I?



When I went to East my favorite hang out spot was Perkins.
I graduated in 1992 and was voted most likely to not be noticed.
I reinvented myself every year.
Who am I?

Escape

The *essenc*

Paris consumed East High's cafeteria at this year's homecoming. A sparkling Eiffel Tower stood in the center of the cafeteria and the warmth and elegance of France was felt as students experienced, "A Night in Paris" on October 7.

Homecoming was done a little differently this year and the members of Student Government spent extra hours making every detail perfect.

"We had lots more decorations this year than in years past and there was a lot of work put into decorating. Many people helped decorate, making it an awesome night," said president **Nataleen Sakakhanone**.

Due to the reconstruction of the main building, the reception area for the dance was held in the new cafeteria causing a bit of a struggle for the students who helped with the planning and decorating.

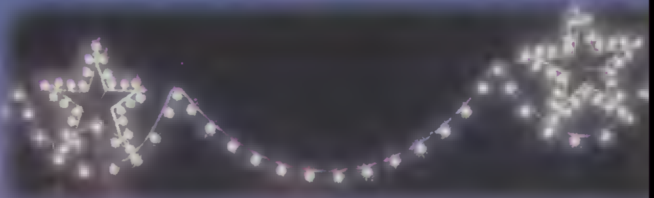
"It was a challenge because we had a new building and a larger area to decorate. The dance was very successful though, and we received a lot of positive comments," said advisor **Samy El-Baroudi**.

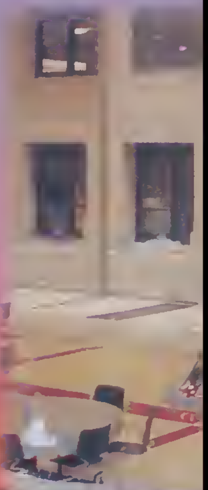
A record was broken this year when the number of students who attended reached 1,058. One of those students attending the dance was freshman **Shardaine Manson** who experienced homecoming for the first time.

"I thought homecoming was fun because the dance was so much bigger and better compared to dances in middle school. The decorations were pretty and it was a lot of fun dancing. It was nice being able to stay out later," said Manson.

Every year, the group plans the dance and makes sure that it goes off without a hitch. A lot of time and dedication is spent in order for the dance to be successful.

"Our main goal was for students to have a good time and we wanted them to think that it was better than years before. In the end, I think we definitely achieved that goal," said Sakakhanone.

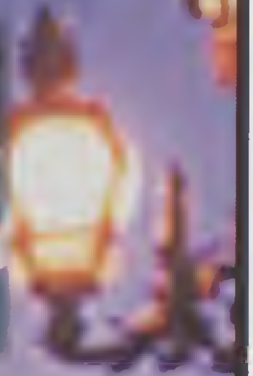




1. The senior court waits to hear who will be crowned king and queen. 2. Members of student government celebrate at The Cheesecake Factory after their success at homecoming. 3. **Logan Miller** takes a moment from dancing to take a photo. 4. An Eiffel tower was one of the decorations that stood in the cafeteria. 5. **Ethan Kouri** and **Tanner Luft** enjoy themselves at the dance. 6. The court waits to be introduced during the assembly.

Story & Layout by
[illegible] & [illegible]

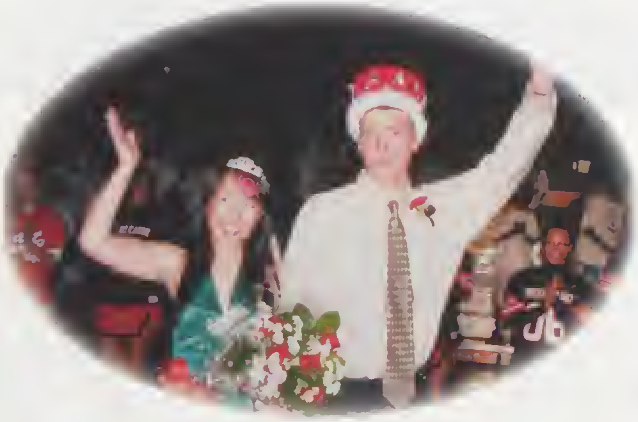
2.



5.

6.

Homecoming Court



Seashia Vang & Tyler Luft

Jerrica Amerison
Elija Seymour

Ashley Kasper
Stanley Fredericksen

Kim Robinson
Matthew Widlund

Masyn Sayre & Stanley Fredricks

Mackenzie Schmitt, Ashley Kasper & Heather Seward

Tropical snow

Story/layout by: Jennifer Harmon

Iowa winters usually entail snow, gloves, and gloomy days, but not on February 4. Winter formal brought with it a heat wave from paradise.

"It was good to forget about how cold the weather was outside," said junior **Devin Cipperly**.

Pep "E" Club organized the Winter Paradise dance. They began brainstorming soon after homecoming and decided on a tropical theme. Linda Nemmers said they had a few other ideas but "this theme was unanimous."

The group decorated the cafeteria with live goldfish, tiki huts, lights, palm trees, and fountains. Many members put in long hours to create the tropical feel.

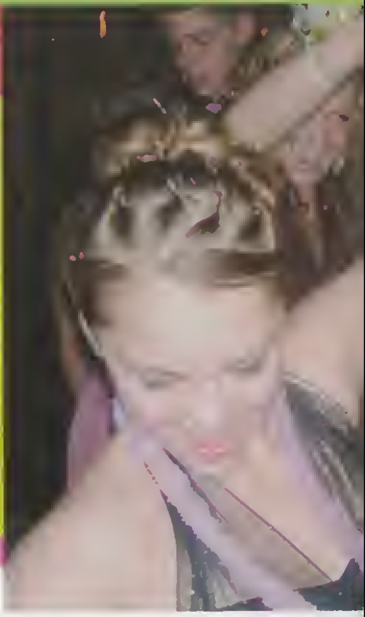
"Everybody helped after the basketball game," said senior Pep "E" member **Mallory Johnson**. "A few of us stayed until 10:30 or eleven at night then the teachers did the rest in the morning."

For some students, the tropical theme allowed them to dress accordingly. Flowery dresses and Hawaiian-print shirts were a key to many outfits. Senior **Shara VanWeelden**'s dress had a tropical flare with its hot pink hue.

Wearing their sultry outfits, most attendees enjoyed the music. Thanks to disc jockey and alum Caesar Contreras, students were able to dance to music they like without distractions.

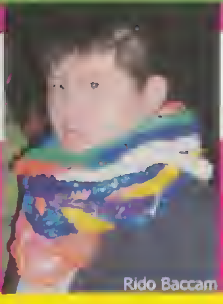
Freshman **Brittney Scanlon** said, "People weren't moshing and being stupid because there was better music."

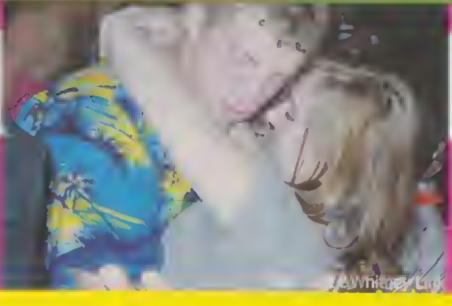
"The music selection was better than homecoming, you could really dance to the music," said junior **Shane Kellow**.



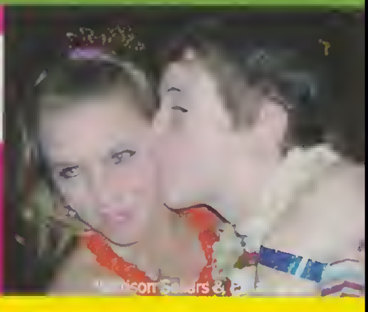
Laurel Murphy & Mar'netta Rankins

[illegible] Eaton & [illegible]

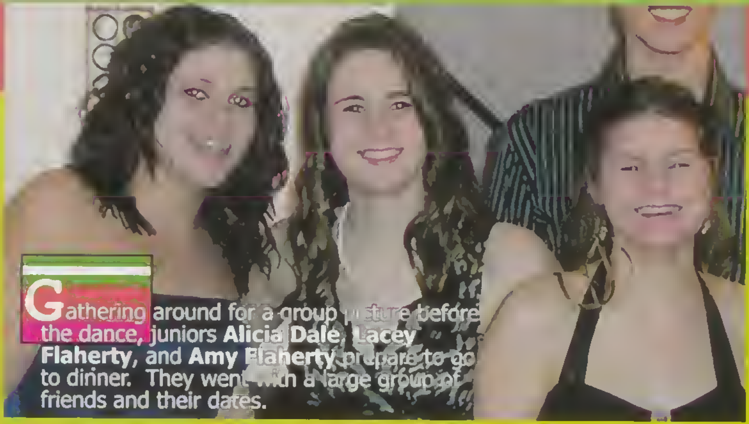

Rido Baccam

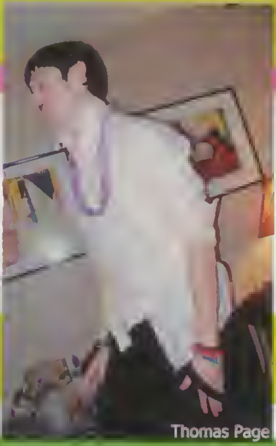

Whitney Lin

Linde Nemmers & Nicole Mowery


[illegible]ison Sellars & [illegible]

Decked in their leis, sophomores **Kayla Koeppen** and **Scott Jensen** enjoy the music. "The dance made winter a paradise and it was good [illegible]," said Jensen.


Gathering around for a group picture before the dance, juniors **Alicia Dale**, **Lacey Flaherty**, and **Amy Flaherty** prepare to go to dinner. They went with a large group of friends and their dates.


Thomas Page

Royalty

Freshmen

-Brittney Scanlon
-Will Chatman

Sophomores

-Cody Price
-Narelle Buffalo

Juniors

-Devin Cipperly
-Christina Tharp

Seniors

-Nicole Freel
-Royce Phillips

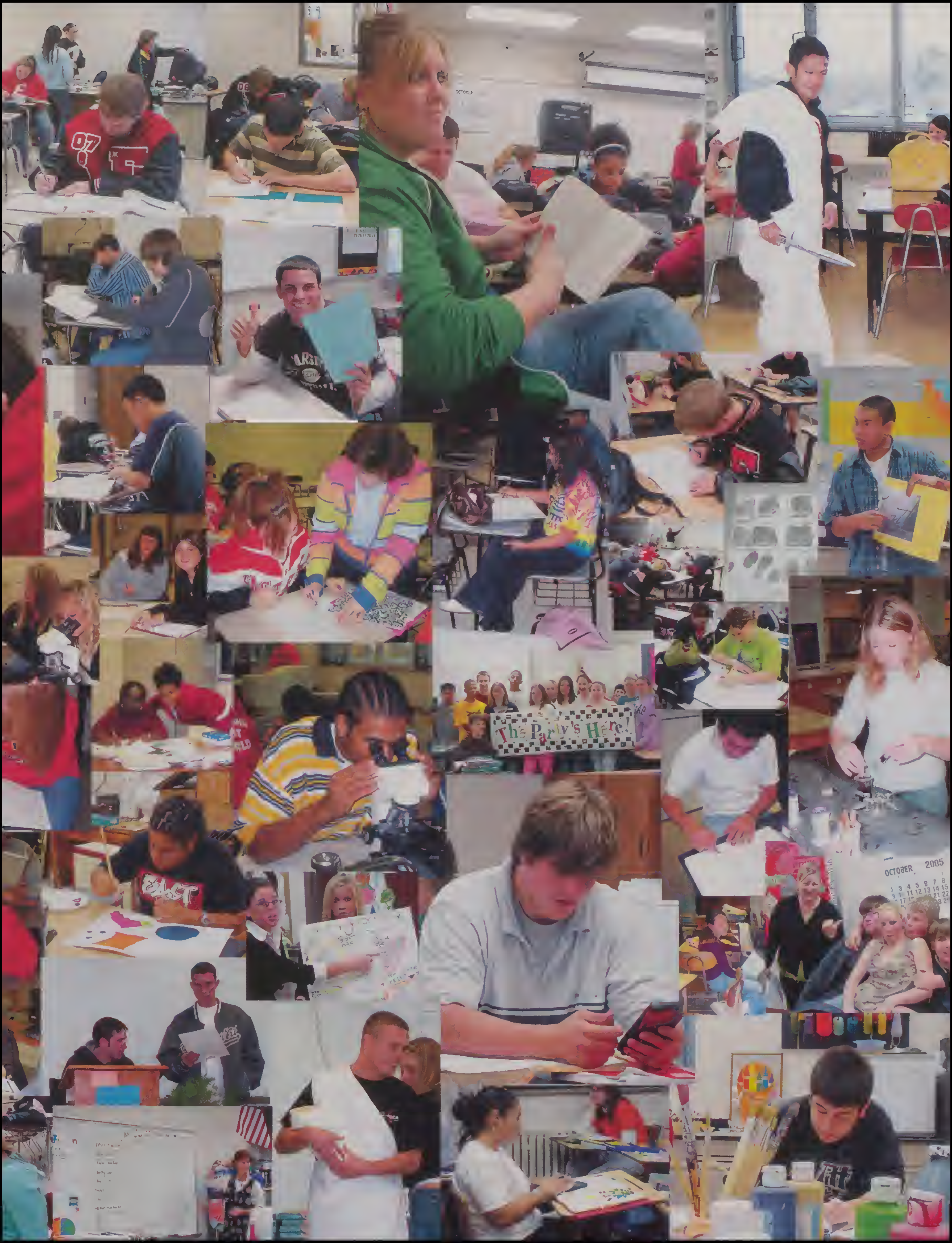
Ready for the tropics, juniors **Kayse Barker**, **Brittany Robbins**, **Stephanie Halferty**, **Sarah Perkins**, **Nikki Robbins**, **Addison Speck**, **Ashley Yingst** and sophomore **Kelsey Jensen** dance the night away.

[illegible] Moody & [illegible]

"Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life."

-Dr. David M. Burns

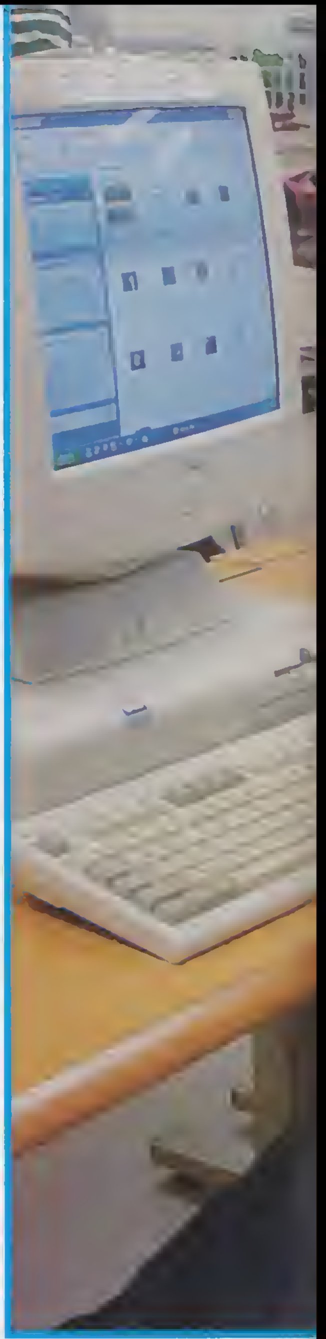
Academics


The Party's Here!
OCTOBER 2005

Captured memories

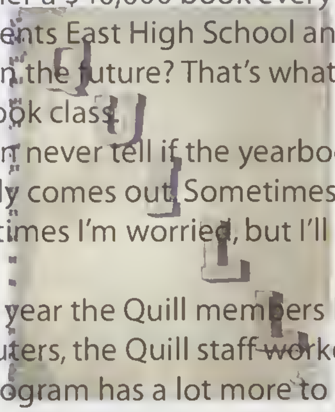
Quill Yearbook Quill Yearbook Quill Yearbook

Story/layout by Jami Bowen



What kind of a teacher would trust students to be in charge of putting together a $40,000 book every year? One with a 100 year tradition that represents East High School and will be looked at again and again for many years in the future? That's what publication adviser **Ed Kelly** does with his yearbook class.

"I can never tell if the yearbook is going to turn out good or bad until it actually comes out. Sometimes I think they have everything under control and other times I'm worried, but I'll be behind my students no matter what," said Kelly.

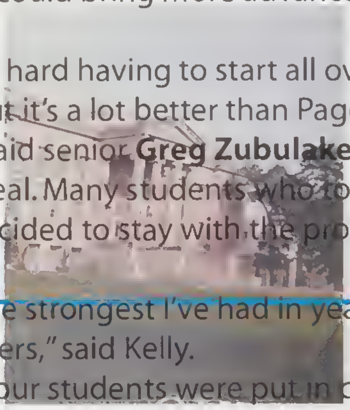


This year the Quill members had their work cut out for them. Along with new computers, the Quill staff worked with a new design program called InDesign. The program has a lot more to offer and could bring more advanced design basics to the yearbook.

"The new program is all right. It's really hard having to start all over again and not knowing how to run the program, but it's a lot better than PageMaker and will make the spreads look way better," said senior **Greg Zubulake**.

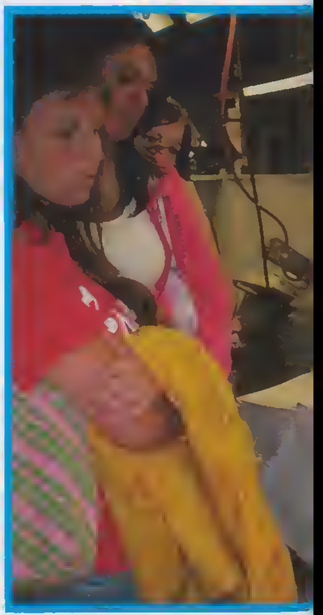
This year, the Quill staff grew a great deal. Many students who took the introduction to publications class (J1) decided to stay with the program when in previous years many dropped.

"This newly recruited class has been the strongest I've had in years. There are just so many talented writers and designers," said Kelly.



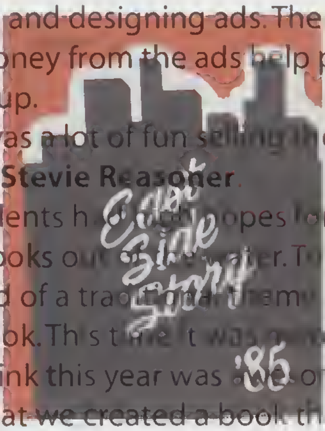
Due to the large number of students, four students were put in charge of selling and designing ads. The ads are placed in the back of the book and often the money from the ads help pay for the yearbook and any extras that might come up.

"It was a lot of fun selling the ads and it's an experience for my future," said junior **Stevie Reasoner**.



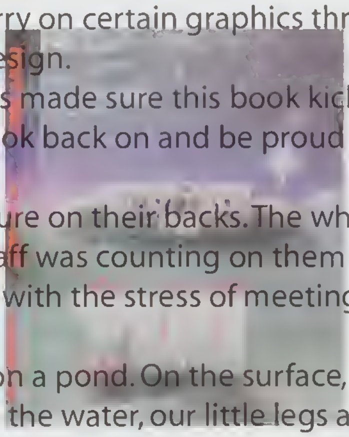
Students had high hopes for a yearbook that would blow all previous yearbooks out of the water. The staff decided to go with a concept theme instead of a traditional theme where you carry on certain graphics throughout the book. This time it was more about the design.

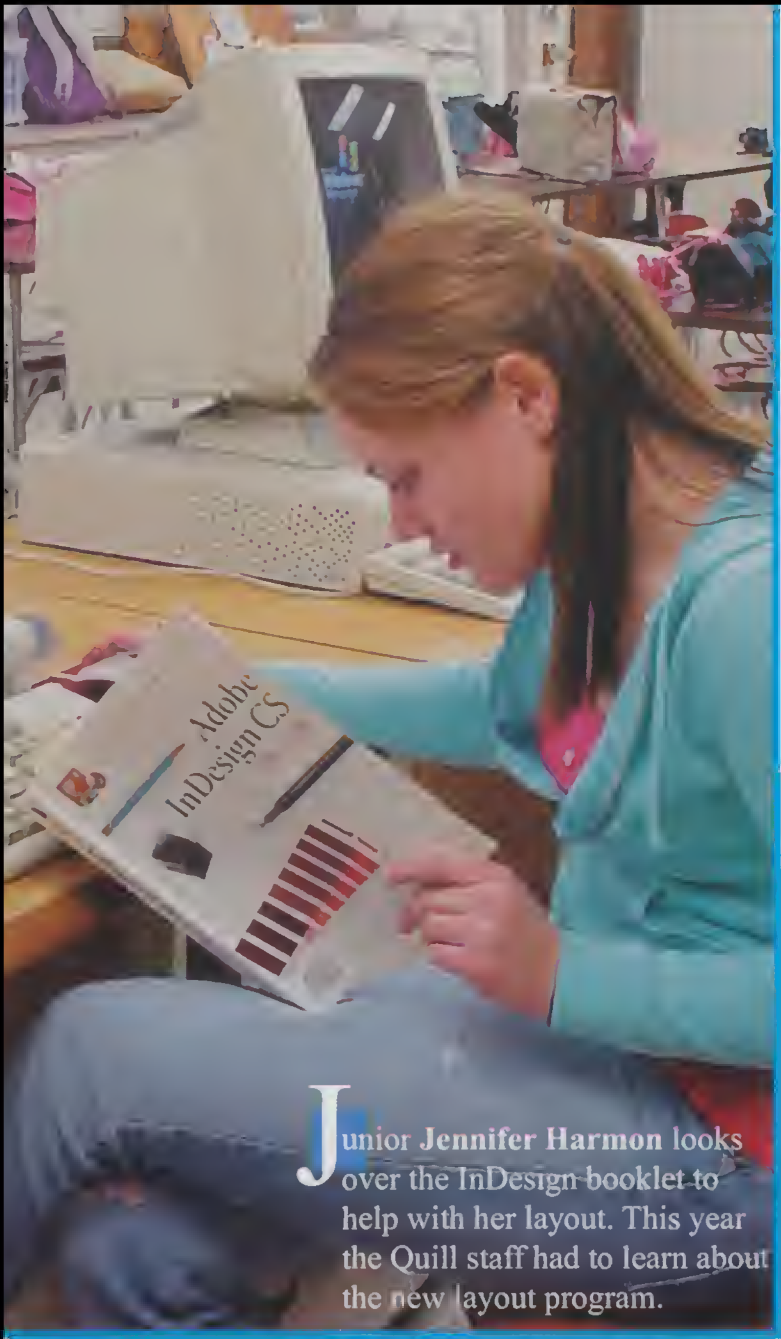
"I think this year was awesome. The seniors made sure this book kicked butt and that we created a book that we could look back on and be proud of," said senior **Chris Piatt**.



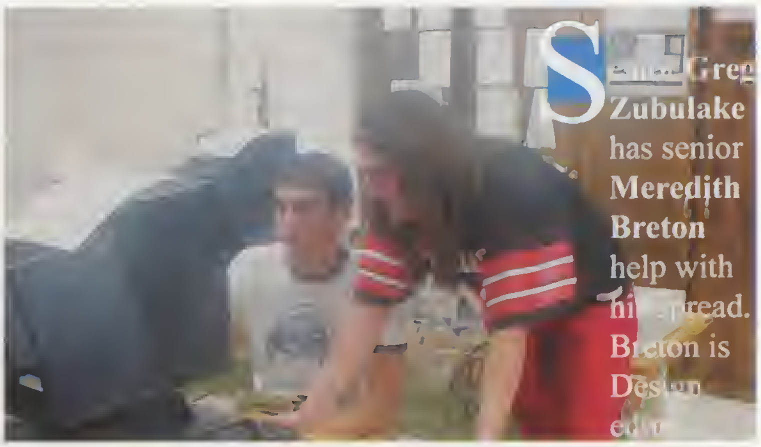
The Quill staff members had a lot of pressure on their backs. The whole outside student body and administration staff was counting on them to produce a good book. They also had to deal with the stress of meeting deadlines and coming up with pictures.

"Being in yearbook reminds me of ducks on a pond. On the surface, we all look calm and put together, but underneath the water, our little legs are going seventy miles per hour trying to stay above the water, but I enjoy it a lot," said junior **Stephanie Halferty**.

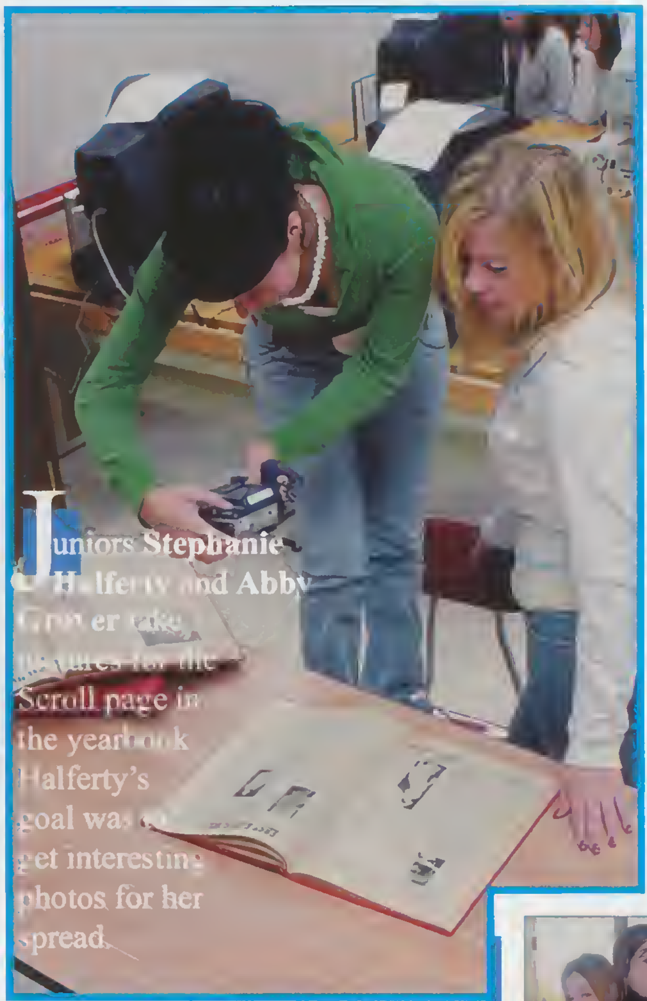




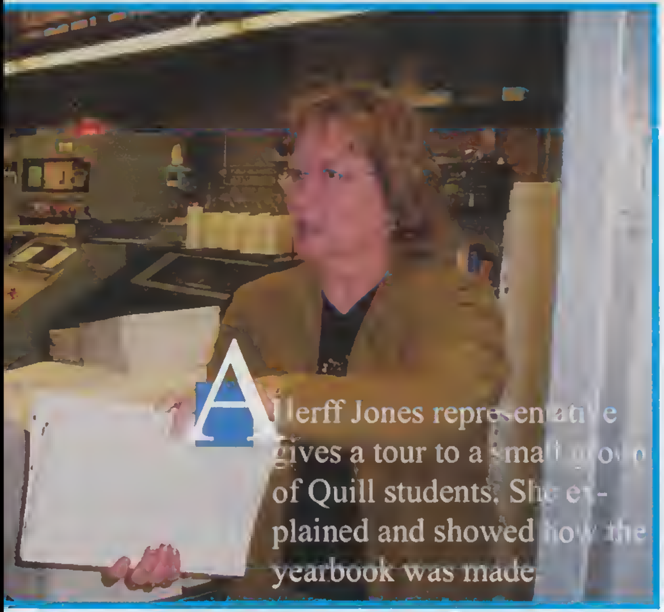
Junior **Jennifer Harmon** looks over the InDesign booklet to help with her layout. This year the Quill staff had to learn about the new layout program.



Senior **Greg Zubulake** has senior **Meredith Breton** help with his spread. Breton is Design editor.



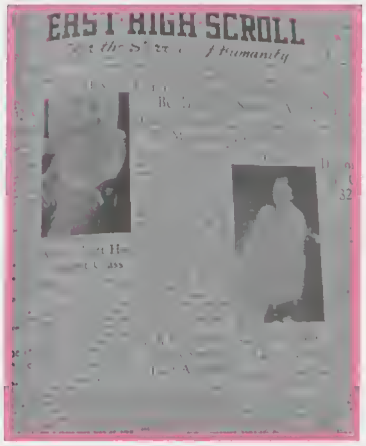
Juniors **Stephanie Halferty** and **Abby Grover** take pictures for the Scroll page in the yearbook. Halferty's goal was to get interesting photos for her spread.



A Herff Jones representative gives a tour to a small group of Quill students. She explained and showed how the yearbook was made.

"I am a good sports editor because I know my sports."
Matt Grochala

"Being editor is mega super dooper awesome."
Editors Freggen

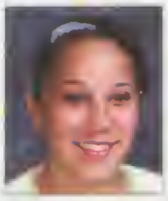


EAST HIGH SCROLL

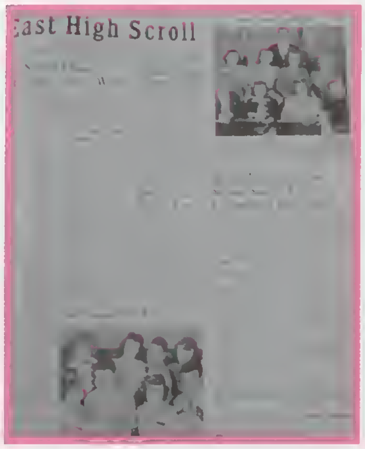
I get to express my opinion with my articles.
-Randy Chanthavong

It's fun and exciting work. There's always something new going on.
-Sarah Perkins

I love the center spread. I love to find out what it's going to be.
-Darcey Spencer



The class sits and listens to the teacher, **Ed Kelly**, as he updates them on what's going on. They do this every day at the beginning of class before everyone goes off to do their own thing.

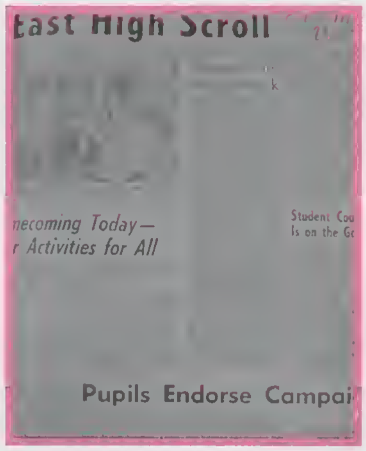


ast High Scroll

East High Scroll

Good Schools Are Your Responsibility
Is Theme of American Education Weel

COMING EVENTS



East High Scroll

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Junior High

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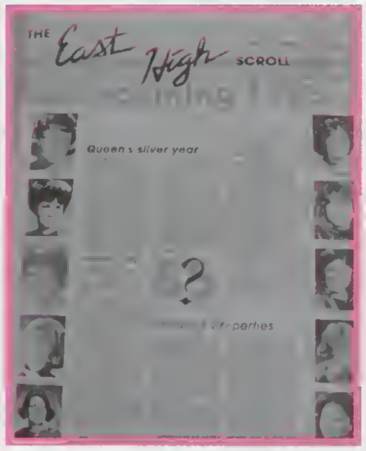

THE East High SCROLL

Queen's silver year

?

East High
Scroll

East's Homecoming football game

Counc
reacts
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Elements of history at East High

News on the paper

Scroll, Newspaper, Writing, Layout, Design

Story/layout by Stephanie Halferty

Most students come back to a new school year having an idea of what they're in for, for the rest of the year, but not the Scroll staff. The journalism program got a new design program and students had to learn about it very quickly while getting ready for the new school year which was very difficult for these students.

The department got a new design program it's called InDesign. It has many new tools that make creating graphics and designs easier. Their old program PageMaker was phased out, according to journalism teacher **Ed Kelly**.

Co-editor and senior **Janice Bitters** said,"It's really exciting to get a new program. It seems really cool."

One of the other changes the staff has had to deal with this year was the size of the staff, smaller than it usually is. This year there were about fifteen people on the staff. Due to this change, they have gotten closer and gotten to know each other a lot better than in the past years.

"I like the smaller staff. The juniors are comfortable with the seniors," said junior **Samantha Gagle**.

Bitters said,"For a change, there are more juniors this year than seniors. That was good."

The staff made changes with the Scroll itself. They cut the pages down by four. Instead of having sixteen pages there is now only twelve. The Scroll was also only issued out every four weeks instead of every three weeks.

"With the four week publication cycle we got the chance to do different things and cooler things with it," said junior **Sarah Perkins**.

"This will give the students a chance to do 'real world news' along with their old stuff," said Kelly.

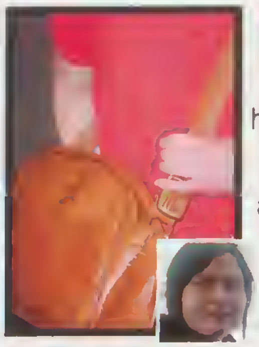
Another change for the Scroll was going to only nine issues instead of ten due to the four week publication cycle.

"I don't really think that the students will notice the change to much. But to us it's a pretty noticeable change for us. It gave us the chance to do more things and get deeper into our stories and have more real news," said Perkins.

These are the covers of some past Scrolls starting in 1935 (at top left of page). The very first Scroll was published in October, 1931.

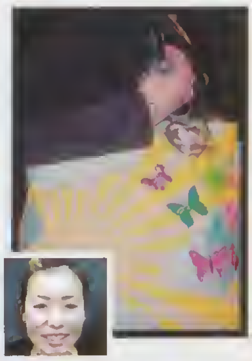
TRENDS

what do you to tote your stuff around?



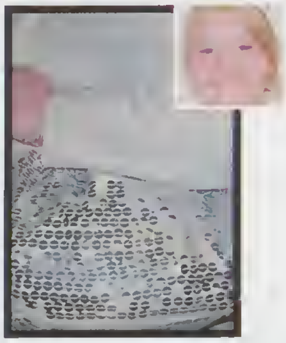
"i got this bag from an estate sale for $2. i like how it looks and it's a good size. my back pack isn't big ehough to carry everything and i like to have it with me so i can put my water and stuff in there."

--- senior **lindley warren**



"my bag is cute... **extra cute** and extra cheap. it was only 5 dollars! can you believe it? 5 bucks for a **transversion bag**!"

---senior **seashia vang**



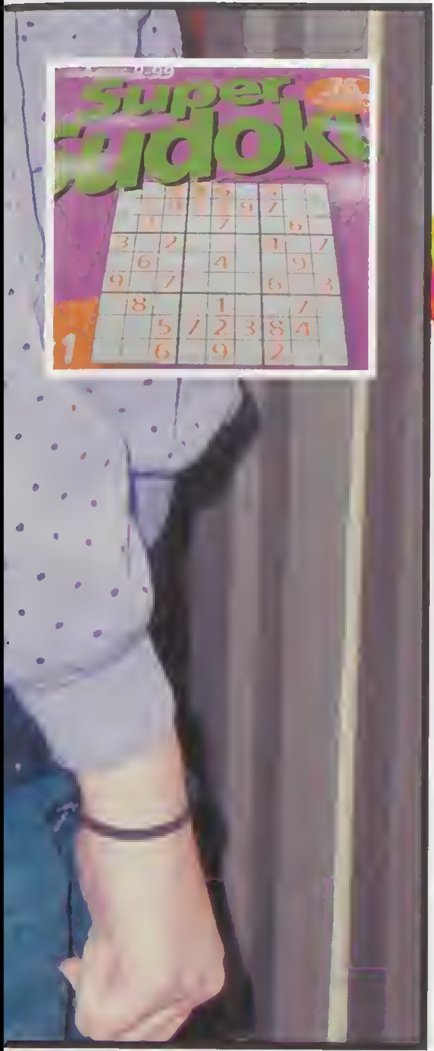
"i feel naked without my purse. i left home without it one day and went back during lunch just to get it. my bag is big and sparkly which is cuter and catches more attention."

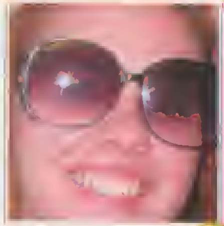
---sophomore **hannah kilby**

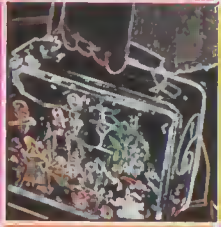
Senior **lacey leitchliter** carries a purse that she got from salvation army. "i think it's a man purse! i got it in the boys' section." leitchliter is one of many students that use their bag to tote around what they need throughout the day.

What's In

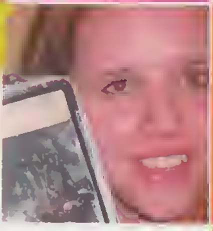
CAMERA
MESSAGE
NEW
WRIGLEY'S
Juicy Fruit
grapermelon







"i have roughly around 30 lunchboxes so my favorites come and go..."
---Buch



Hey Ashley..
Why do you carry a lunchbox?

"it's something different...i don't want to be like everyone else."

Walking down the halls daily there is a blur of purses, backpacks and bags used to lug around daily essentials. But what exactly are the "daily essentials" of the average East teenager? From tampons to Chap Stick, makeup to candy, you're about to find out.

Of the 10 students interviewed, 6 agreed that they couldn't survive the day without their cell phone. Others had more unusual "essentials" needed to get through the day.

Senior **Seashia Vang** insisted that she couldn't endure the day without her "oxygen tank" and "celebrity autographs."

Some had more realistic items that they used from day to day.

"I couldn't make it without my glasses," said senior **Lacey Leichliter**. "I'd be blind even in the front row."

This year a common fashion trend that swept the hallways was oversized purses.

"I like carrying my Kathy Van Zeeland purse because it's big," said junior **Kacie Eggen**. "I carry my life in my purse. It's handy to hold everything."

"I carry a big denim bag from FOREVER 21 because it doesn't get dirty and holds a lot," said junior **Sarah Perkins**.

Other students used purses that were not necessarily found in the mall or typical clothing stores.

Senior **Lindley Warren** uses a bag that she bought for only $2.

"I like how it looks and it's a good size," said Warren.

For those non-conformists out there, meet senior **Ashley Buch**. Buch doesn't use a bag, or a purse to haul around her knick-knacks. Nope. She uses her "handy dandy lunch box."

Inside her lunch box she totes around what she considers to be *her* "daily essentials". They include a picture of Tom Hanks, gum, tampons, makeup, Chap Stick "gotta have your Chap Stick," and the one thing she couldn't survive the day without…"my lucky shoe string."

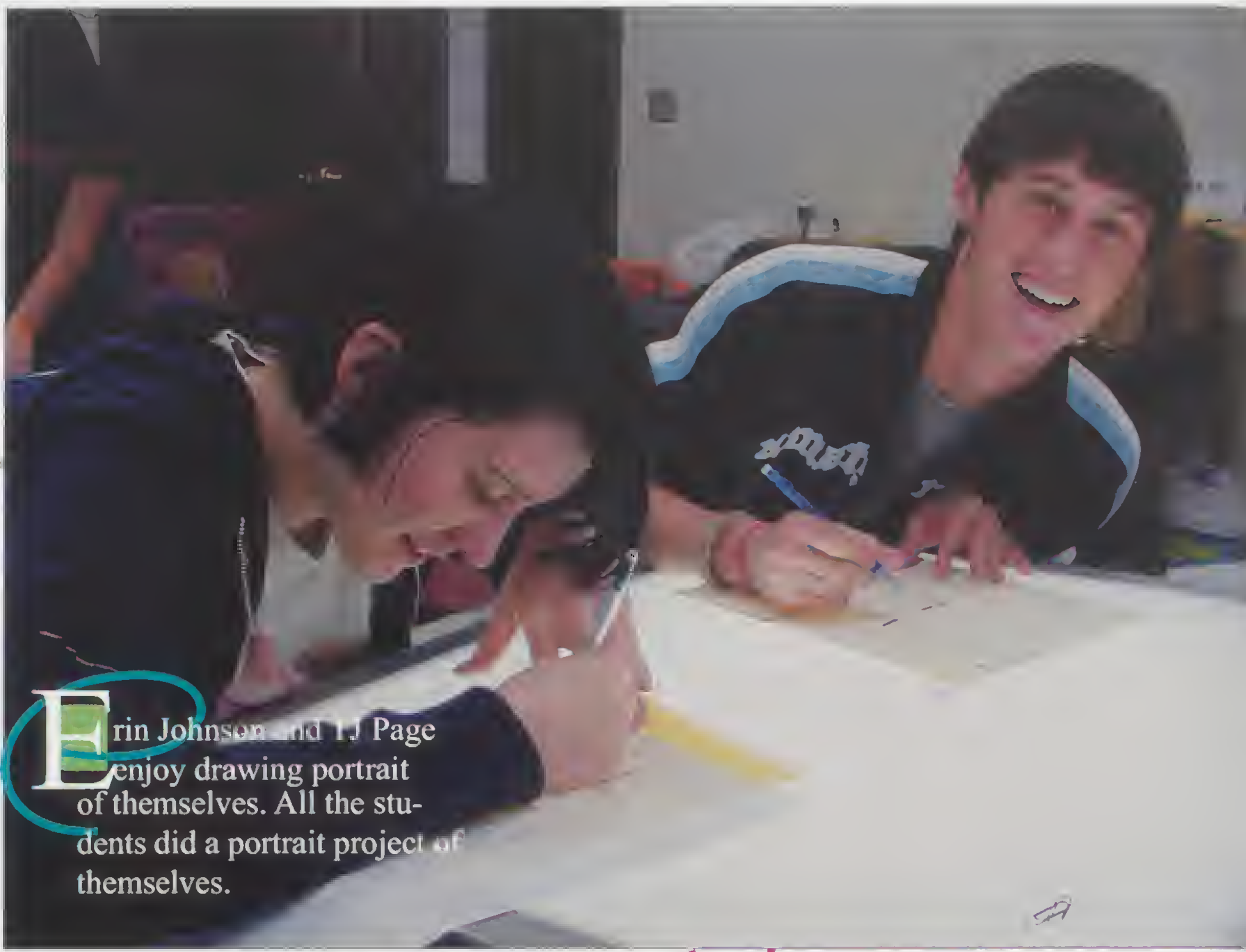
It's a no-brainer that teens at East simply need to have their trusted companion by their side throughout the day in order to make it through seven long, scrutinizing periods, Monday-Friday. What exactly is that "trusted companion"? Why it's their purse, or bag….or even lunchbox.

After all, according to Buch, "A day without my lunchbox is like a PB&J sandwich without the jelly."

YouR PuRSE???

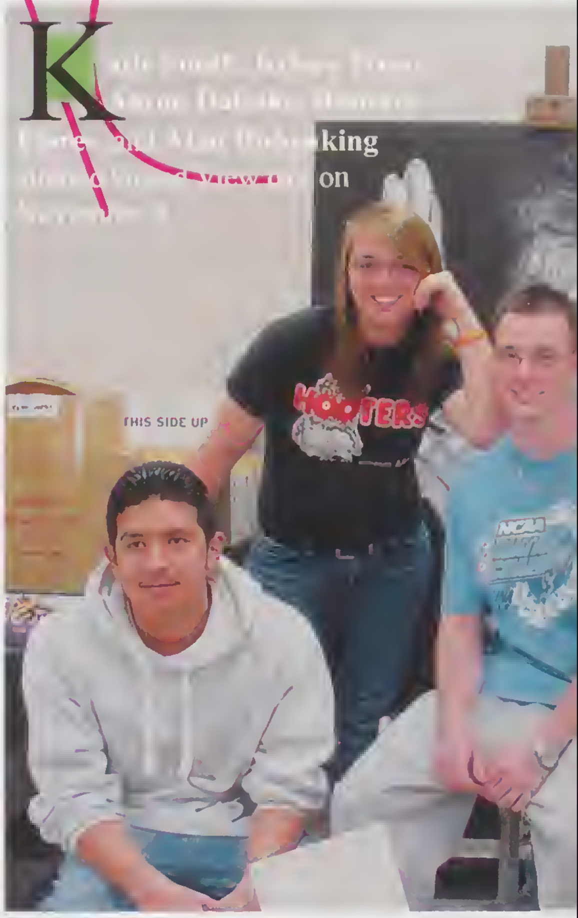
Story/Layout by Sydney Williams

lash tint
St. Ives
SWISS FORMULA
BLEMISH-FIGHTING
Radiance Cream

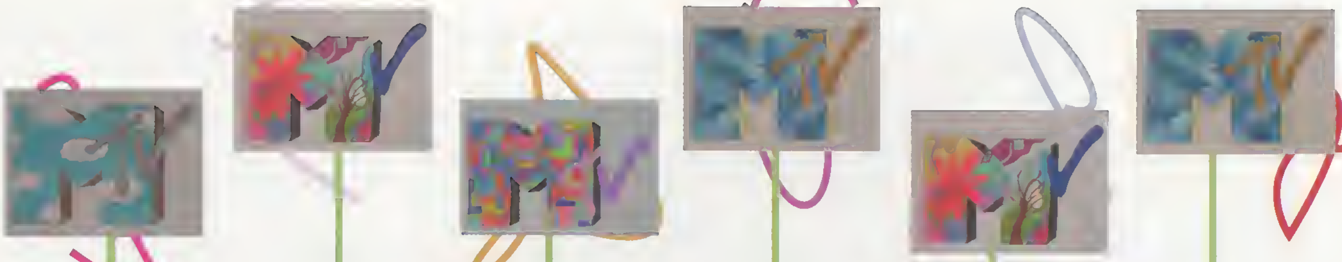


Erin Johnson and TJ Page enjoy drawing portrait of themselves. All the students did a portrait project of themselves.

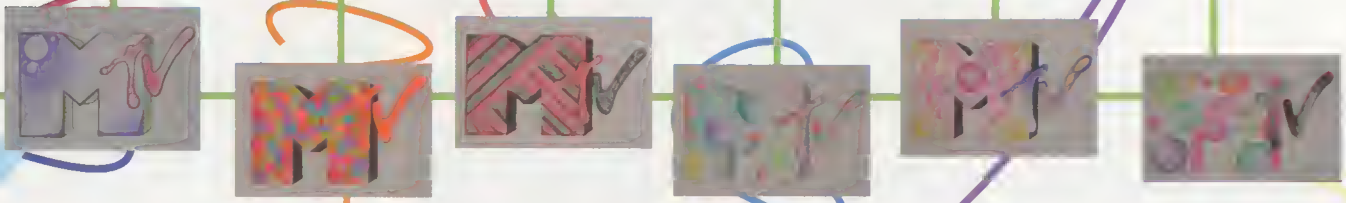
Johnson Phanovong draws himself for his portrait picture. Students get the chance to experiment with the colors of markers, paints pastels, crayons and pencils.



K[illegible] king [illegible] on [illegible]



Mr. Goodrich's class helped MTV find a new logo.



They've got nothing on us

Picasso-Da Vinci-Monet-Van Gogh-Rockwell-Renoir

Story/layout by Alyssa Heggen

Where is the place that problems are lifted from shoulders and feelings are expressed in a way that cannot be done through words? In the world of art paper, canvas, pencils, pens, markers, pastels are all used to express feelings not known in words.

"Art class helps me relieve my stress and lets me get my emotions out without saying a word. It's great to have something that helps get out the things I want to say but just don't know how," said senior **Johnson Phanouvong**.

Five students were chosen to attend the Grand View Art Day at the college on November 4. Juniors **Katie Smith**, **Kelsey Treen**, senior **Aaron Daleske** and sophomores **Roberto Flores**, **Alan Rubenking** were the students that attended.

"It was a great experience. I learned a lot of new things and a lot about the art program at Grand View," said Daleske.

Portfolio building is a big part of the art program and improving student's artistic skills for the future.

"I try to help the students build a solid portfolio to help them aim at possible future careers," said art teacher **Shirley Gooch**.

There has been talk of an AP Spanish art class that will be taught by Spanish teacher **Linnea Morris** and Gooch. The students will not only learn to speak some Spanish, but will learn about Spanish art and use their creativity by putting a self portrait in a famous Spanish picture.

"I think the class will be a great experience for students and for the teachers. The students will be opened up to so much more than what they would get in just an art class or just a Spanish class," said Gooch.

Fine Arts Week is a big annual event and students look forward to showing their artist talents to other students.

"Getting the experience of showing our art to people without the pressure of a judge is good. It calms us down and allows us to show people what we can do without finding out that someone is so-called 'better' than us," said senior **Matt Norton**.

Finding yourself

catastrophe-impersonate-elucidate

Story/layout by Beth Mayes

What is Voices of Change and what does it have to do with drama classes?

Voices is made up of drama 2 through 4 students and they come up with skits to show children how to solve problems without using violence such as using hateful, disrespectful, or discriminating words.

"I wanted to help the community by showing kids that there's other ways out of problems besides violence," said senior **Joseph Monaco**.

Another class for drama 2 through 4 is Silent Scarlets. These mimes are making a comeback from last year's decision to disband. This year there were enough students interested in doing silent, funny skits.

"We do skits without talking and the audience laughs so hard because they have no idea what it is we're doing," said senior **Malory Murphy**.

Theater arts classes are more for students who like performing and they present the school plays. Students watch movies and other plays to critique what could be done better so the students themselves can become better.

Students do various warm ups including articulation, pronunciation and enunciation of words. Monologues are often done to help students find better ways to express themselves in different situations.

Theater arts are for more advanced students. To be in theater arts a student must have a recommendation from teacher Ruth Ann Gaines and perform a monologue to prove they have the ability to act.

"I went in one day to talk to Mrs. Gaines and she said to act out any scene and if I could convince her that it was real, then I would get into theater arts," said senior **Mary Ferrell**. "I acted like my water just broke and that I needed help. That got me into theater arts."

Drama One is just the basics of acting, but not all students took drama for acting. Many students find it easier to take drama for a speech credit. A full year of drama makes up for a speech credit which is required to graduate.

how has drama helped you through high school?

"I'm able to stand infront of big crowds with no problems. Drama helps to build my confidence."

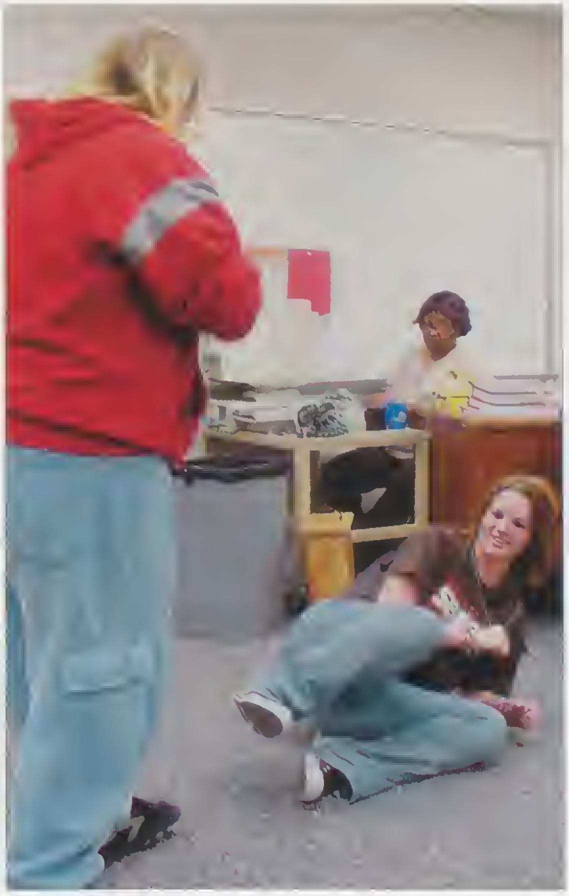
-Junior Andrea White

"It has helped me to open up more."

-Sophomore Michael Harmsen

Senior Joseph Monaco shows senior Amanda Conyers how he wants the windows washed as she has trouble reaching them.

Left students watch and go over their improves. Below Senior Brian Gomez picks at Conyers head like a monkey.



Left, junior Channing Quinn, looks puzzled as sophomore Morrigan Evans and senior Amanda Conyers argue over a murder that just happened. Sophomore Sarah McFarland assults senior Malory Murphy as she finds out it's her causing problems, left. Above, senior Thomas Thompson acts as a preschooler mocking his teacher.

Word for word

Lincoln Douglas-congress-public forum-policy

Story/layout by Abby Grover

Not everyone has the gift of fluent, flawless public speaking skills that are worthy of awards and praise. In fact, public speaking is ranked as the number one fear that Americans have, even over death! Students who participate in debate are lucky enough to have the gift of wordplay and they use it to their advantage.

Sophomore **Austin Locke** reflected on the success of the debate team this year.

"As a team, our speaking ability was the strongest because we constantly received speaker points and we almost always got the top speaker award," said Locke.

As well as having many successful speakers in debate, the team also shares a close bond with each other. Many of the students have formed tight friendships due to the time spent researching and practicing together.

"We can all connect so much because we are so alike in so many ways. It's like having a big, diverse family. It's awesome being around people that have so many things in common with you and are interested in the same thing," said senior **Genesis Beltran**.

Even though debate emphasizes strong speaking skills, logical thinking, and knowledge of current events, some students say that it is also helpful in other areas of high school life.

"Debate taught me how to speak in front of people and it also taught me how to kiss up to people. I definitely know what politicians do now," said sophomore **Jessica Avant**.

Debating is actually a very serious activity and sometimes students can get caught up with the issues at hand. Trying to maintain composure can become a bit difficult at times.

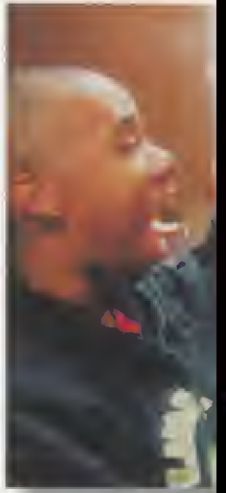
"It's hardest when you're arguing with people and you can't get too into it. You have to make sure you're remaining calm and you can't go off on people," said freshman **Raymen Robinson**.

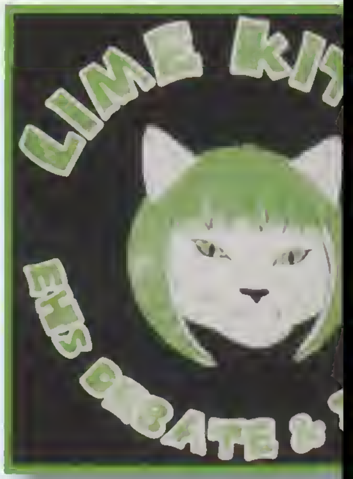
Winning and losing are also factors in debate. Students say that losing can be hard to swallow especially if a lot of time was put into researching a certain topic.

"Sometimes the hardest thing is to accept that I lost. It may have been because of a biased judge, or maybe it wasn't my day. It's just hard knowing I worked so hard and that's all I got," said Beltran.

This year's state debate tournament was a major success for East High debaters. Dedication played a great role in the outcome of the tournament.

"We all medaled at state and I think that shows a lot about our coach Ms. Medina and all of our hard work," said Locke.





The lime kitty was the Debate and Speech mascot.

Austin Locke and **Genesis Beltran** argue with each other during a warm-up for debate practice. Locke said debate was rewarding to him because of scholarship opportunities and that it was a form of expression.

“Debate makes you aware of what's going on with current events that you otherwise wouldn't know about.”

-Raymen Robinson

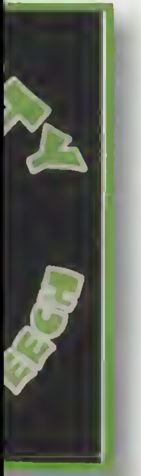
Debate students take a little break to enjoy themselves before a tournament. Although debate is a serious activity, the students managed to make it fun.

“I like that even though we are debating serious issues, it somehow manages to be fun.”

-Jessica Avant

“Speech and debate people are the most fun people to hang out with.”

-Ashley Baccam



Genesis Beltran studies intently before a tournament. Beltran said that debate helps her to be a better leader and to be more comfortable with her speaking style.

“In debate you can talk with people on a serious level. You don't necessarily have to be smart, but you do have to want to do it.”

-Emma Diver

Senior **Alyssa Heggen** presents her poster for english. At right, a group of students work hard on a project.

Lessons learned

speeches-essays-grammar-reading-outlines

Story/layout by Christian Smith

Students who are getting prepared for their future take classes that matter to them. Many find some classes need lots of work and dedication.

Junior **Samantha Gagle** said,"The classes I take try to get me prepared to be completely ready for college so I don't hit a brick wall when I get there."

One class that requires a lot of work and dedication is English.

Senior **Chris Piatt** said,"In English we had a lot of work. We had a lot of in-depth and long essays to help us get ready for the future."

This was a special year for English teachers, happening only once about ever ten years—they got new literature and reading books.

Senior **Todd Appleby** said,"I'm glad we got new books the old ones were so beat up and trashed. Hopefully they can stay in good shape for awhile because who knows when we'll get new ones again. The only thing is that they're too heavy and big!"

Speech students had to work hard, too. They had to perform ten speeches and six group discussions. Speech is only one semester long compared to English which lasts all year.

Junior **Bryan Loftus** said,"The class wasn't hard, but there was too much work to do and not enough time to get it all done."

Speech helps students with communication skills. It gives students knowledge and skills in active listening, public speaking, interpersonal communication, media and performing arts.

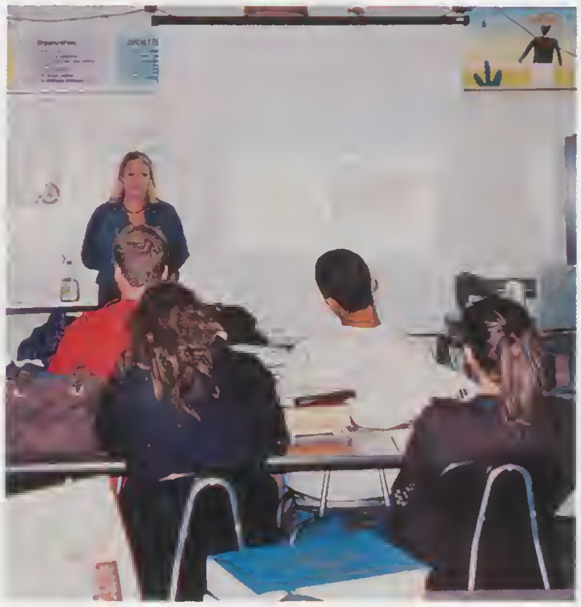
English and speech teacher **Claudia Richards** said,"Students could use formatted speeches to prepare a written paper in classes now as well as college in the future. The formulas we learn can transfer into other curriculums."

Unlike English, speech is not required to graduate. Students may substitute speech for a semester of forensics or a full year of drama. A student must have four full years of English to graduate.

Senior **Curtis Hickle** said,"I had to take English but instead of taking speech I took forensics. I'm glad I took forensics instead of speech. It gave me a chance to argue orderly and express my opinion."

Junior **Jennifer McDaniel** shows a clip from the film that goes with the speech she just gave on her favorite movie.

Eric **Thavonekham** acts out a skit over a play that he was reading in class.

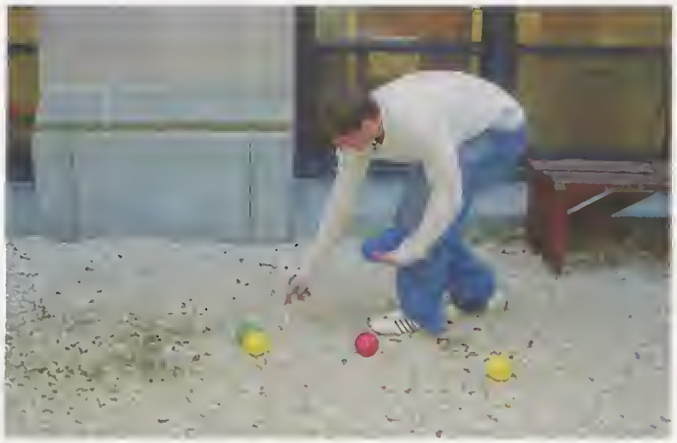


Sophomores listen in and think hard on the assignment given. Below students take notes off the overhead.

10 Tips for Public Speaking

1. Know the room around you
2. Know your audience
3. Know your material
4. Relax and breathe
5. Visualize what you're doing
6. Interest listeners
7. Don't apologize, go on
8. Concentrate on the message
9. Don't get nervous
10. Practice your speech

French student **Brett Toncar** participates during a game often played in France. The object of the game is to toss a colored ball closest to a white target ball.



Learning a new language

French-Spanish-hola-bonjour-determination-memorization

Story/layout by Paige Stock

A lot of people learn to speak one other language during their high school years. Hola can be learned in Spanish, or Bonjour in French. These are the two languages that are offered here. Many students carry out their foreign language skills for two to three years.

Junior **Brett Toncar** said,"I am in my third year of French and I feel that I have learned a lot in my three years. Now when I hear someone talking in French I recognize some words and understand what they are saying. French has been fun and a good accomplishment."

Students not only use foreign language in school, but outside too. They go on field trips, communicate with other people, and even go on trips to where there language is spoken. For example the Spanish students went to Spain and sometimes the French students go to Italy.

Junior **Sydney Williams** said,"We went to Spain for spring break last year. It was an eye-opening experience and it was fun to learn about the different culture."

Foreign language is required to go on to college. Most colleges are now requiring two consecutive years and some are requiring three. Businesses are even asking on applications if you are bilingual.

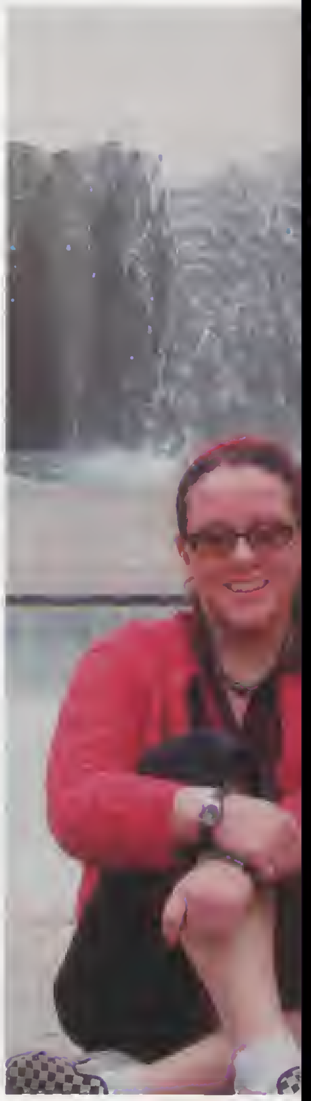
Spanish teacher **Linn Morris** said,"I feel that kids need Spanish because our world is becoming more global and students need to be more competent and be in more of the competition. Knowing a foreign language will help students be more knowledgeable when going out into the real world."

The Spanish class most students take is Spanish I, II, or III. Students learn how to write, speak, and communicate at a younger age. They also get the opportunity to go to another location and learn how it really is in that culture. Some places they visited were Barcelona, Madrid, and Paris.

Junior **Jami Bowen** said,"It was fun trying to put my Spanish speaking skills to test. As the week went on it was easier and easier. Overall it was a good trip and I had a good time."

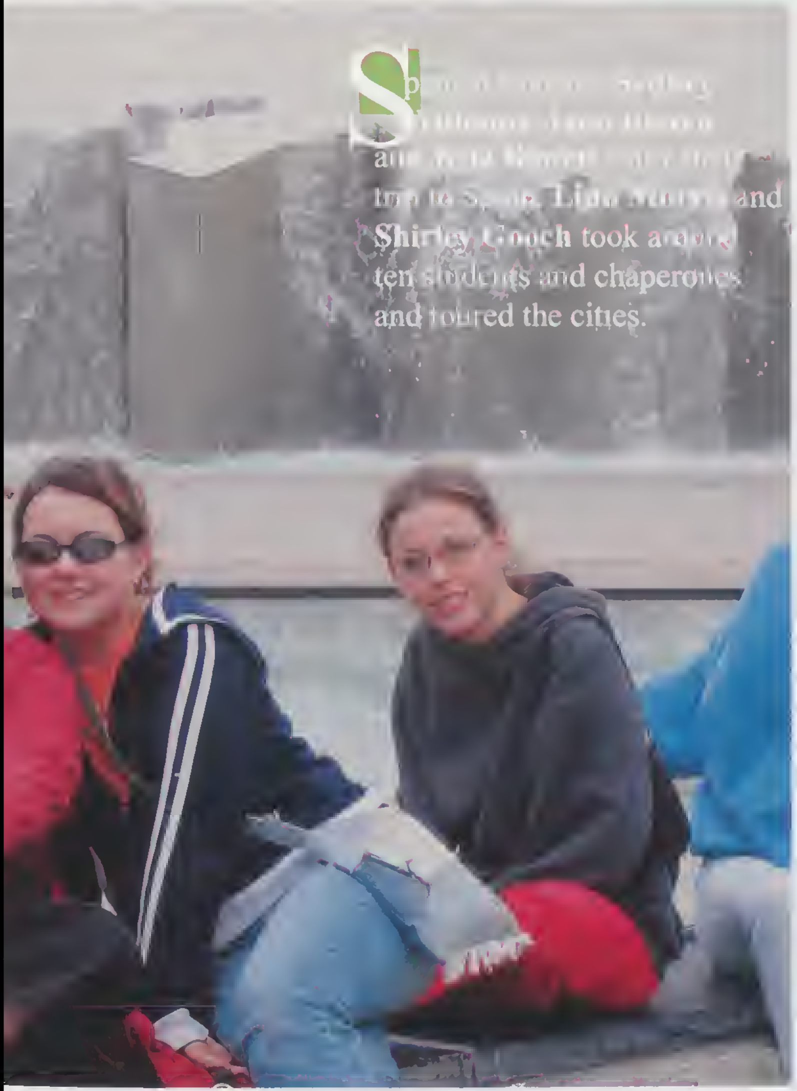
French class gives students an opportunity to really learn about some activities that would be done in France. They have café scenes similar to what it would be like in an actual France café. They also play a game called "petanque," a game played in France as a hobby or sometimes a sport.

Teacher **Amanda Eimers** said,"It's fun to do cultural and authentic activities that give students a taste of what it would be like to live in a French-speaking country."

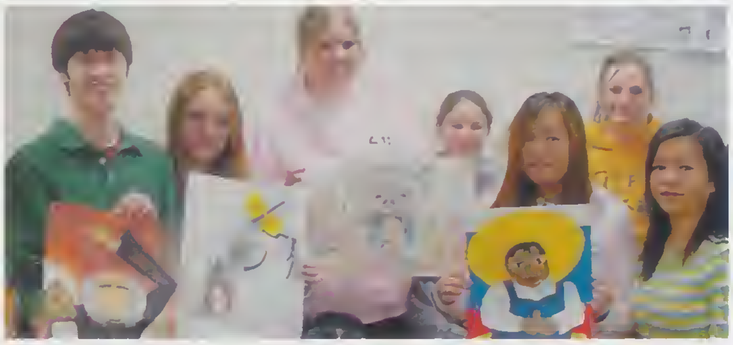


Le Petit Pont

Going to the cafe is something that is done in **Amanda Eimers'** class. Junior **Ryan Remus** and sophomore **Kayla Koeppen** enjoy a nice talk during their cafe visit. This activity makes students feel that they are really in France and gives them an opportunity to get a feel for that type of scene.



Sp[illegible] and [illegible] trip to Spain. **Lida [illegible]** and **Shirley Gooch** took around ten students and chaperones and toured the cities.



Can You Translate???

French

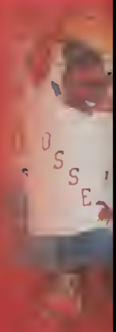
1. Chouette!
2. Zut!
3. Ca Va?
4. Tant Pis!
5. Quoi de neuf?

Spanish

1. Que pasa?
2. Como estas?
3. Como te llamas?
4. Cuantos anos tienes?
5. Magnifico!!

1 Cool! 2. "darn it" 3 How's it going? 4. Too bad 5. What's new?
1. What's happening? 2. How are you? 3. What's your name? 4 How old are you? 5. Magnificent!!

SCARLETS
22
3



Dear East High you are the school for me, you will always win the victory. Red and Black to you we'll be true and we will bring great

Timeless Facts

1. Our mascot used to be the Sharks not the Scarlets.

2 East has been located in three different schools.

3 The school song and the fight song were written in [illegible]

4 We have the biggest alumni association in the nation.

This is the 100th addition of the East High Quill, and with that comes a legacy, a legacy of great traditions, winning seasons, and an undeniable sense of pride that students leave with after graduation. Our school has been established on these terms by great people and students who have made a difference in our community. It is now up to us to leave a legacy of our own. The pictures displayed on the top and bottom show a few of the faces who've impacted East, which ultimately impacted our lives. What we do now will impact others for hundreds of years to come. What will we leave the Lee Town Community?

We have to right to fight for East High. Our gallant team will always try to be the best team in the Nation, all though the odds are sometimes high. Fight Fight.

honors to you. Hip Horay heres to the black and red, or the world your fame is widley spread. Onward we will do or die, for dear East High.

FOR THE SERVICE OF HUMANITY
DEM

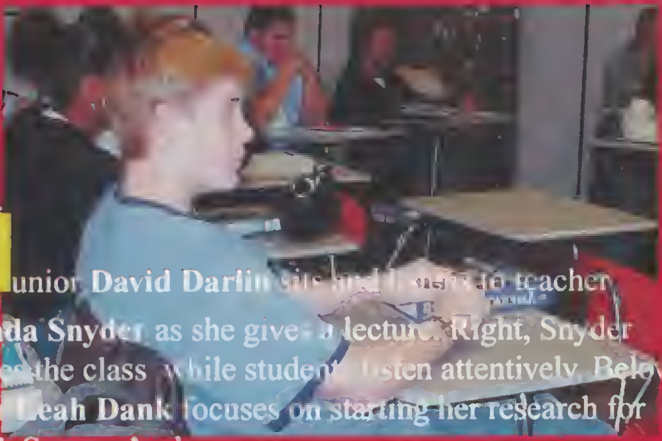
1.) The front of the old entrance way. The school was moved to this address in 1906.

2.) "For the Service of Humanity", has been East High School's mission statement since it was established. The school was built around pride for the community.

3.) This is the new connector building, construction started in 2003, and will be finsihed by the end of this school year.

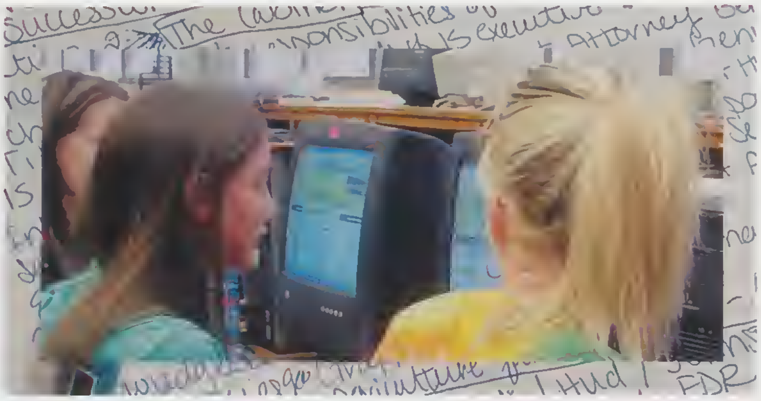
4.) These are alums from 1906. These are just a few examples of the students who made East what it is today.

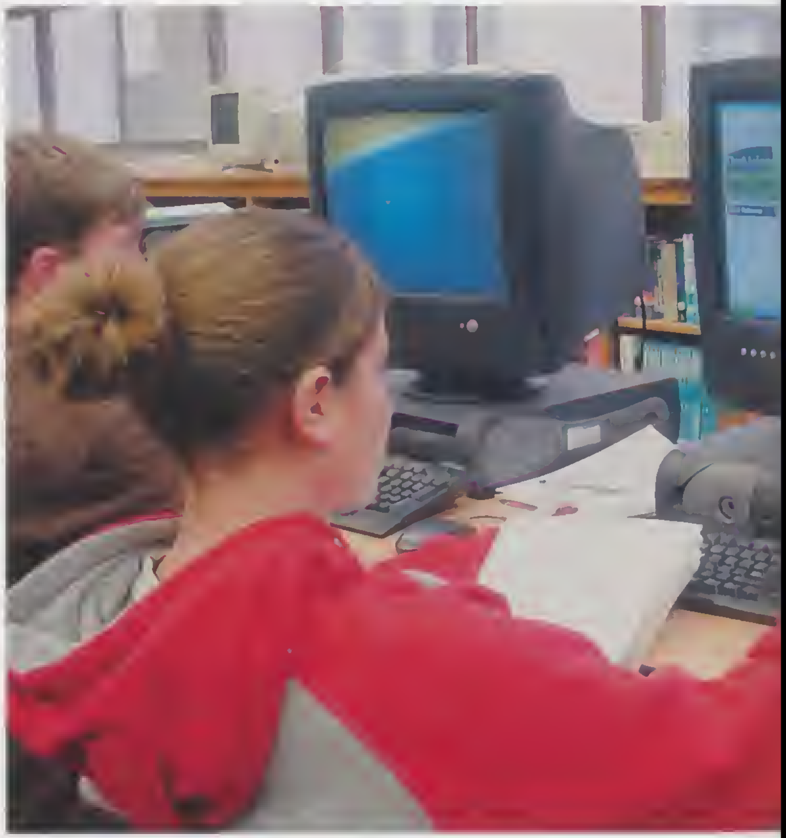
We have the Black and Red tradition, we're fighting square and fair tonight. We're gonna fight, fight, fight for a victory. A cheer for East. Fight Fight.



Junior **David Darling** sits and listens to teacher **Canada Snyder** as she gives a lecture. Right, Snyder teaches the class while students listen attentively. Below, junior **Leah Dank** focuses on starting her research for **Derek Summy's class.**

Discovering History!





Above, junior **Jennifer Davison** concentrates on beginning her research project for **Summy's** class. Left, junior **Steven Sholley** works hard at taking notes so that he can do well in **Don Heese's** class.

History is relevant

wild and wooly times-Civil War-flapper girls

Story layout by Stephanie Halferty

History isn't just a class students are required to take to graduate high school. History is what made the world what it is today, according to junior **Kaeli Helm**, who was taught this in her American history class by **Stan Thompson**.

Most students don't enjoy history and see it as something that happened in the past and has nothing to do with what's going on in the world today.

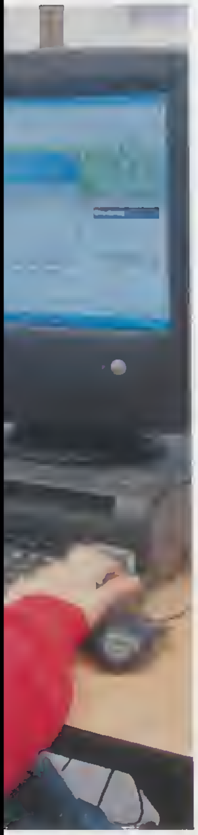
"The one thing I will always remember that I learned in Mr. Thompson's class was that history is relevant, like, John Deere invented the steel plow, and that's where the name of the tractor brand John Deere came from," said junior **Ryan Brouwer**.

Brouwer isn't the only one who learned such things in Thompson's class.

"Whenever something was relevant in history Mr. Thompson would always say 'Oh that's not the same John Deere as the tractor company now days. Oh, it couldn't be, that would make history relevant, and we all know history isn't relevant, right?' It always got me wondering what else is relevant in history," said junior **Devin Cipperley**.

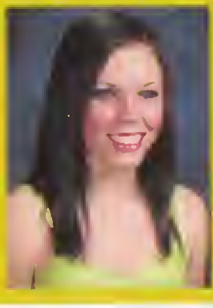
Not only is history relevant, but it has also affected our lives in many ways. If it weren't for certain events in history, we wouldn't have the ability to attend school as long as we do and get the education we have today. Events in history have also had an effect on our government. Our government looks back on history and tries to learn from it so it doesn't repeat itself.

"Such things as learning from our mistakes and those that others have made in their life, our country learns from our mistakes and those that other countries have made in history, so that we can better ourselves. That's just one of many ways history is important to our lives today," said Thompson.



Students in Snyder's American History class listen carefully to her lecture.

"My favorite pastime would have to be the '70's, because it was bright, colorful, and very psychedelic."
- Junior
Hannah Harclerode

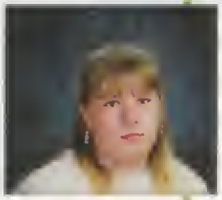


"My favorite pastime would be the 80's because it was fun, 'out there,' and that's when leg warmers came out."
- Sophomore
Jena Bowen

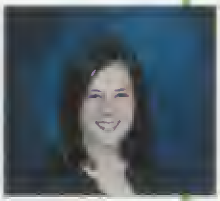
WHAT IS SOMETHING THAT YOU HAVE LEARNED THAT YOU BELIEVE YOU WILL USE LATER IN LIFE?

I learned how the stock market works.
- Senior Todd Appleby

Government helped me learn about the three branches of government.
- Senior Stacey Etter



Government is great because it only takes one semester.
- Senior Alyssa Heggen



What the difference between a democrat and a republican is.
- Senior Greg Zubulake

It helped me learn different ways to save money and how hard it is.
- Senior Austin Draude

I learned current events and what's going on today.
- Senior Melinda Baccam

I learned how to manage my money.
- Junior Staci Davis

Period four counts out their landyards. They sold landyards instead of t-shirts like the other classes.

Knowledge 4 a lifetime

presidents-money-voting-selling-elections-product

Story/layout by Paige Stock

Did you ever believe that two classes of your junior and senior years could predict the course of your life? Considering they are only a semester each? Government and Economics help you learn to manage your money and get a solid political outlook.

Senior **Matt Grochala** said, "Government class is a very interesting class and I learned so much that you could not learn on your own. In Econ I enjoyed making my own product and making lots and lots of money."

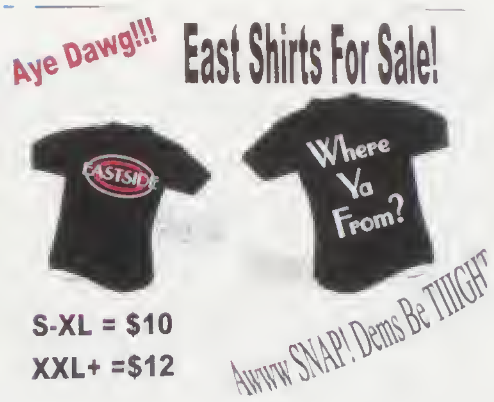
Econ class is a course that gives students knowledge about how to handle money. This course teaches you more about what is needed in life to live. There are two choices for a student to earn their econ credit, general economics and micro-macro econ, which is more of a hands-on class.

"Economics is about life. Every student will learn about economics through this class or through mistakes they make out in the real world," said teacher **Samy El-Baroudi**.

Two ways to earn the government credit are to take regular government or advanced. This class deals with the U.S. government and the voting process. Students learn about the political system, the national executive branch, and the national legislature.

"I always knew that it is important to vote. Government has helped me realize that it's the voters that decide the outcome and the future economic situation of this country," said senior **Karen Sawhill**.

Econ class let students "own" a company and manage it on their own. They made products to sell to the East community to make a profit and learn about managing money.



Aye Dawg!!!

East Shirts For Sale!

S-XL = $10

XXL+ =$12

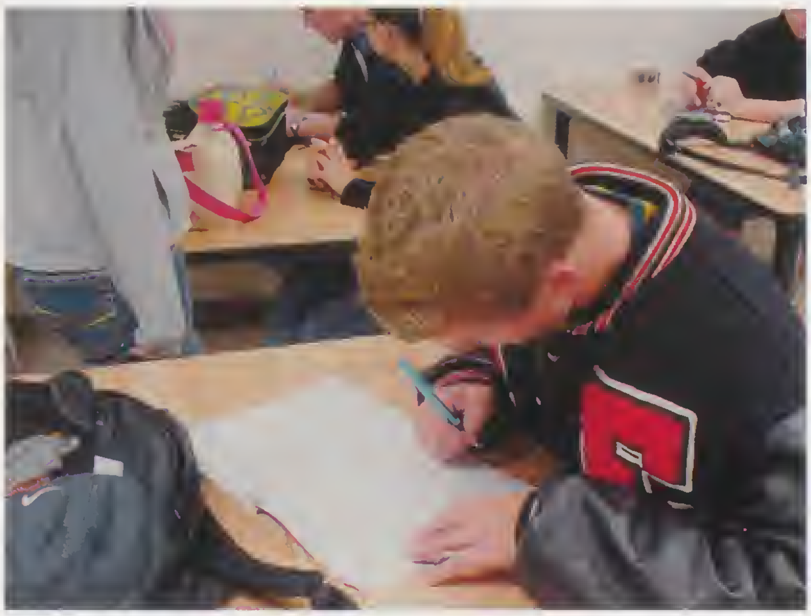
Awww SNAP! Dems Be TIIIGHT

EASTSIDE
Where Ya From?

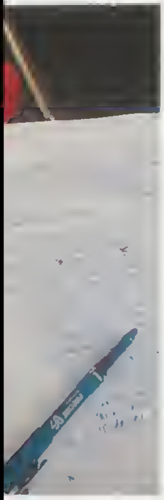
Junior **JaMar Birch** said, "Running a business is fun. I looked forward to making a lot of money. BUFU (the name for period 7's company) was 'bout to be the hottest thing since hot combs!"

Some of the products designed this year included t-shirts, lanyards, beanies, and long sleeve shirts. The students chose their own product and design.

"Our class designed t-shirts. Everyone had an input on it. I like listening to everyone give there ideas and I like giving them mine. I think we got a good design from everyone's ideas," said junior **Katie Sturtz**.



Senior Tyler Luft is busy doing book work in his micro-macro economic class. They advertised their t-shirts with a flyer his class made. The posters were hung throughout the school.



Taking care of business

business ethics-hyperlink-tax deduction-lessor-jurisdiction

Story/layout by Stephanie Halferty

Guess what one of the many advantages are to taking certain business classes? You can earn Des Moines Area Community College (DMACC) college credit!

Taking Computer Applications 2, Desktop Publishing, Multi-Media-Internet, Accounting, Personal Finance, Marketing/Sales, Office Education, and Office Education Coop. earns up to 24 credits for DMACC, but only for juniors and seniors. The credits may be transferred to most other colleges and universities.

"I think it's cool how I can earn college credit while in high school. I'm going to take advantage of the classes here so I don't have to pay for them in college," said junior **Shane Kellow**.

"These classes give students great opportunities with getting ready for college and letting them know how tough the college classes are graded," said business teacher **Ken Burgess.**

The classes use the same books as DMACC so it seems more like taking the actual class. DMACC also helps decide who teaches the courses.

"DMACC did a good job choosing the teachers. I think they deserve the job and they do a good job teaching the classes," said sophomore **Andrew Ballard**.

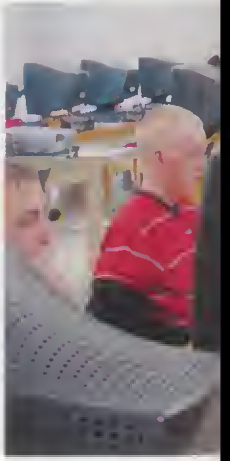
The grading for these classes is a lot stricter than most business classes, according to many students.

"I don't like how they grade us. It's more strict. If you misspell like one word your grade can drop a lot. I know I've misspelled a lot of words. I guess that's what makes it a really tough class," said junior **Joe Bernadino**.

There are many other business classes offered, starting with learning the Word program. From there students can work with different programs such as Access, Excel, Power Point, and Front Page.

"The programs that we use are excellent and will help the students further on in their lives and careers no matter what they decide to do," said Burgess.

Right, **Ken Burgess** observes the class as they work, and students concentrate on their work.



ACCOUNTING

The recording, classifying, summarizing, and interpreting of events of a financial character. These events can include income, expenses, and cash flow.

GUARANTEE

A promise to step in and perform another´s obligation if that person should fail or default.

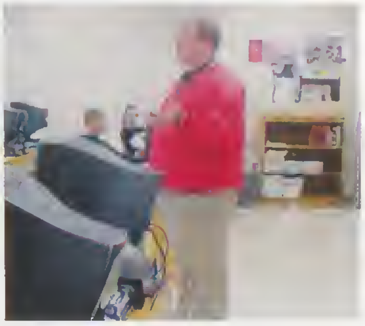
PAY PERIOD

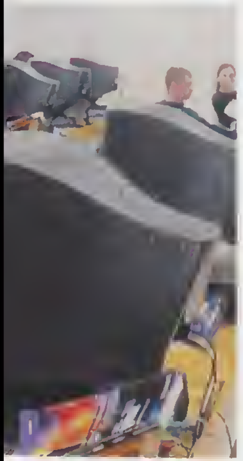
The frequency with which payroll is processed and paychecks are issued.

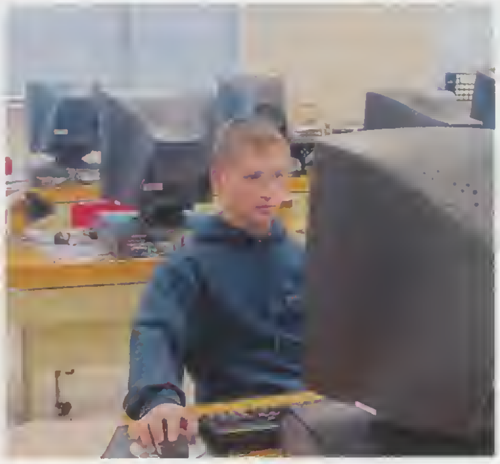
SECURITY DEPOSIT

Money that a lessee must give a lessor as a guarantee that the lessee will make payments.

A few business students wrap presents. Every year the business class adopts a family to buy presents for.



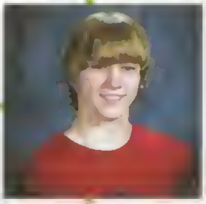




Left, senior **Tad Thomas** concentrates on his work for Financial Business. Above, Burgess teaches Financial Business, and **Stephanie Chubb** and **Jessica Khammany** wrap presents for their business class. Above, seniors **Ryan Fitzgerald** and **Robert Banner** work hard to finish their work in time.

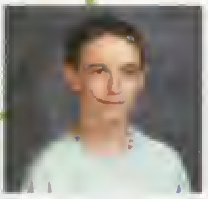
"I'm so glad that I'm out of math. It wasn't hard or anything but its just easier not having it anymore."
-*Senior Samantha Byrd*

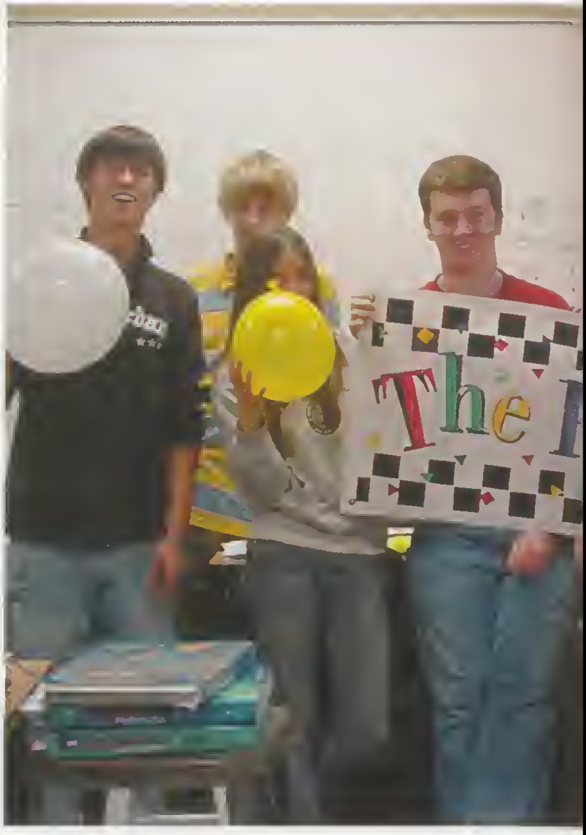
"Everytime I walk into math class, my inner-love for math is awakened and that makes me enjoy that even more."
-*Junior Ryan Johnson*



"Mrs. Harms makes math fun to learn. My class was entertaining and now I love math."
-*Sophomore Jake Enochs*

"I can't wait to be done with math. It's not my favorite subject but it's okay."
-*Freshman Nick Tiano*





Counting one by one

pre-calculus-trigonometry-algebra-geometry

Story/layout by Christian Smith

Students groan as they pull out their TI83 calculators and prepare for homework. However some students enjoy this dreaded time of day, those students stick with math. Others struggle, numbers drop, and fewer and fewer students go on, but the number from previous years have increased for upper math classes.

Senior **Elizabeth Mayes** said,"I didn't take math again because last year was tough enough and I knew I couldn't do it again."

Many teachers encourage their students to take as much math as they can. They believe it's needed more in jobs nowadays. Everywhere they look they see math skills needed.

Math teacher **Karen Cross** said,"If you look at the current situation and ahead of life people need more math. Like electricians or business people. Higher math skills are more demanded. I think the number of students drop because they look ahead, students graduate, they fail, or they drop the class."

According to some teachers and counselors, numbers aren't all dropping. Many students understand they need more mathematics and keep going to higher level of classes.

Student Services Coordinator **Rebecca Miller** said,"Our enrollment in our upper level math classes has gradually increased over the last two-three years."

Those students who struggled and stuck with it had a new program offered to them called Math Support, which is taught by **Terry Eason**, who was new to East this year.

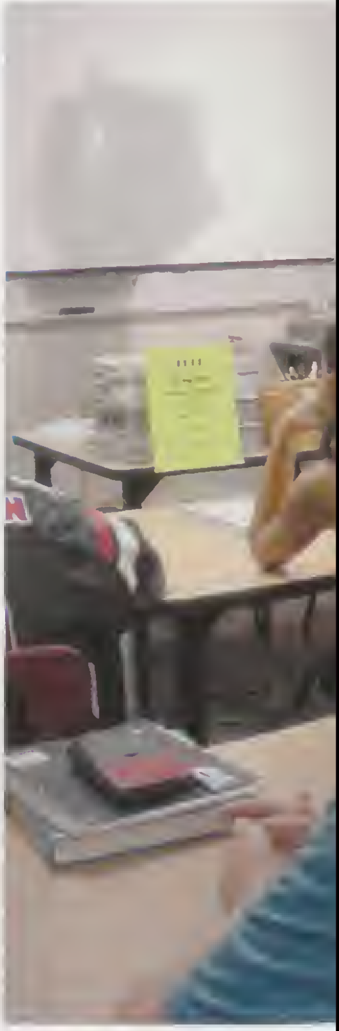
Eason said,"I'm glad that I'm here. I think things got better as time went by. I think the class helped out the students who were in it."

Math Support is just like a study hall for math. There are only a few students in each class. There are six classes of it with a teacher to help out with any questions.

Junior **Josie Sacco** said,"I think the class is great and has helped out a lot. It's a really good working environment that's easy to work in."

Some students say they don't need the math study hall. They think they do just fine without it as long as they understand it. Some of those students have resource, other help, or will go in early and ask the teacher a question.

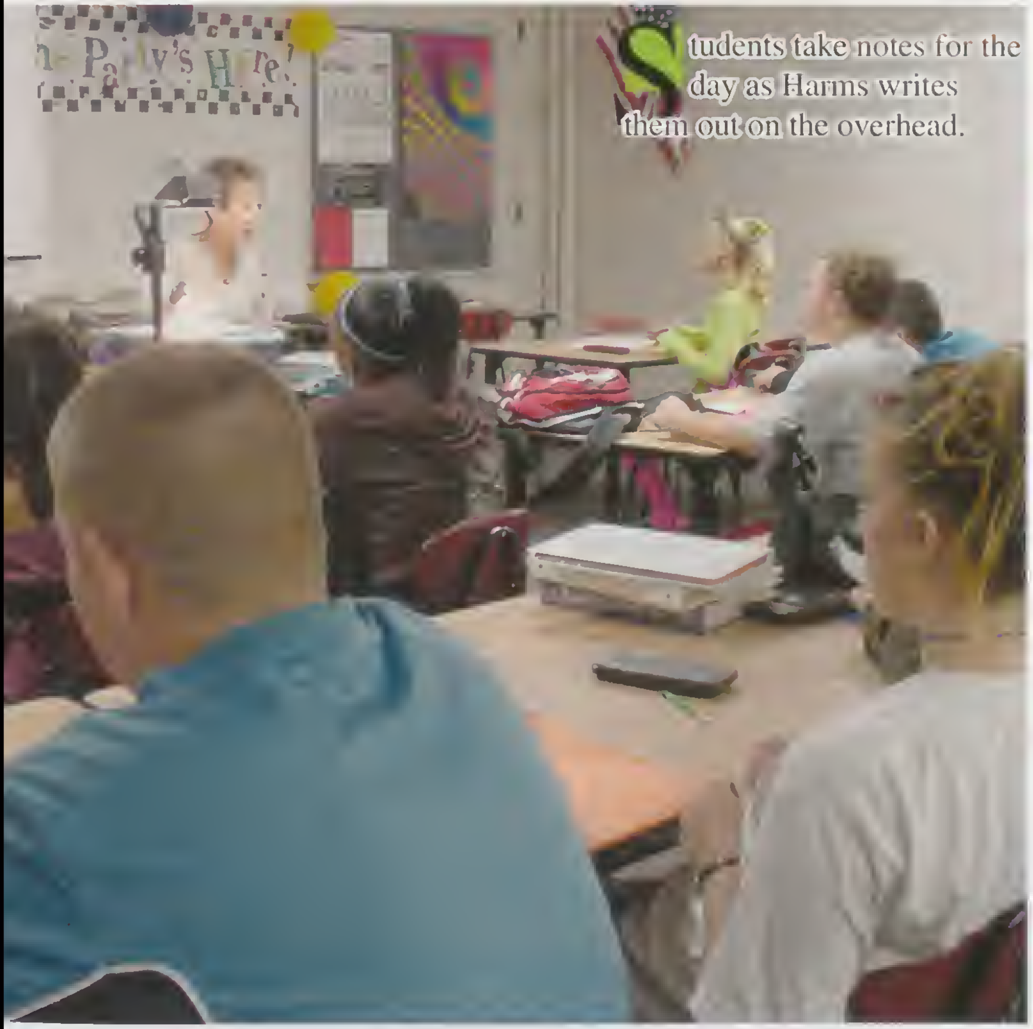
Junior **Mallory Smith** said,"I don't have Math Support as a study hall and do just fine without it. If I have a question I'll ask one of my friends to help me or a teacher."



SEPTEMBER 20
rty's Here!

At left students in Mrs. Harms class get ready to have a Party or math test in class. Below Senior **Jacob Atkins** works hard to get his homework done before class is over.

Below students listen in to Mrs. Cross as she helps with homework questions. While sophomore **Derek Adams** recieves help from Mr. Eason.



Students take notes for the day as Harms writes them out on the overhead.

Practical knowledge

psychology-sociology-interpersonal-intrapersonal

Story/layout by Emma Diver

Sixty percent of employee absences are due to psychological problems such as stress. Businesses have to try to understand and help employees who are having psychological and societal problems. At East, the studies of these two problems are both taught as one semester electives.

Sociology (first semester) is an introduction to "the study of culture and social structure, the individual in society, social inequality, and change in the social world," according to teacher **Fred Vanderley**.

Senior **David Rogers** said,"We learn about the study of people and how they act, then in psychology we learn about the human mind and how situations affect it."

According to the course outline, psychology (second semester) is personal, covering "the brain, body and awareness, human development, and conflict and psychological disorders."

Senior **Anna McCourt** said,"It's really cool because we learn about how we actually function and behave with other people. We learn about the five senses and perception and how the eyes put things together."

Besides simply studying the books and watching videos, psychology students can do some hands-on things as well. They learn about things that affect them directly by testing their own reactions.

Vanderley described testing arm sensors by seeing how well people feel toothpick pressure on their arm, perception by weighing quarters in envelopes versus quarters in shoes, and taste by investigating whether or not fruits can be identified by taste alone.

Rogers said that students in sociology "do something that goes against the grain, something as simple as walking backward or as complicated as driving backwards, and that's a lot of fun."

McCourt said one of the students went into a store and randomly started playing one of their guitars.

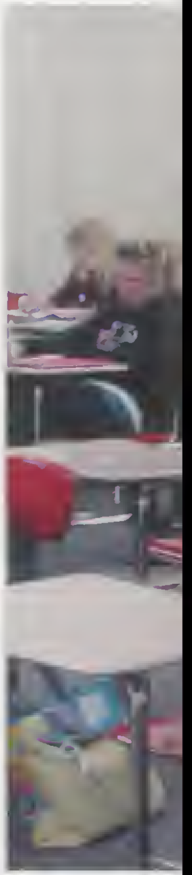
Although fun, these classes may seem unnecessary to take; not everyone is interested in classes about "human behavior."

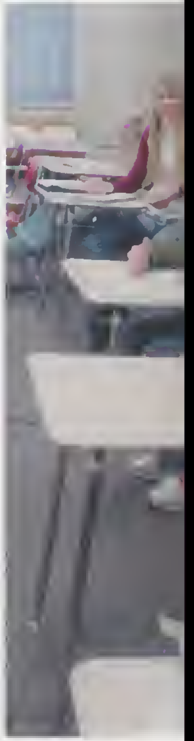
Vanderley said he gets students who are "into social work, child development, and kids who want to understand themselves."

McCourt explained,"I was in it for the psychology part, that's my interest; the human brain is awesome and I wanted to learn more about it."

These classes cover topics from abuse to whether people are right or left brained.

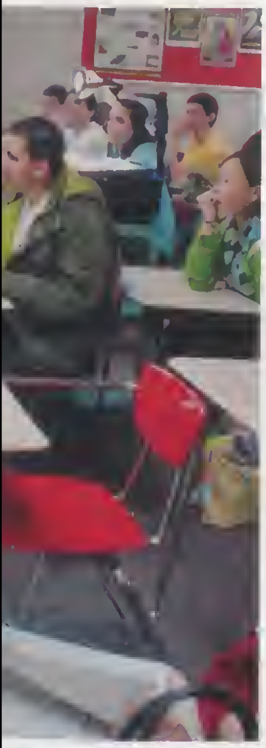
Rogers said,"I enjoy learning about how people act and interact."





Students take notes from an overhead as Vanderley explains an idea to a student in a psychology class. Learning about different parts and functions of the brain is part of the curriculum.

Junior **Tamisha Newberry** and senior **Kennaye Grutel** study for class. In sociology, students encountered more mature subjects like domestic abuse, so traditionally freshmen and sophomores are excluded.



Seventh period psychology classmates watch a video and take notes at left. McCourt said she enjoyed taking tests on whether she was right or left brained. At far left, Vanderley gives instructions to his class before watching a video. Students watched videos featuring people who have had experience in possible career fields.

Fun Facts: Did you know?

1 The world record for time without sleep is 264 hours (11 days) held by Randy Gardner in 1965, or elsewhere is attributed to Mrs. Maureen Weston who reportedly spent 449 hours (18 days, 17 hours) awake in a rocking chair.

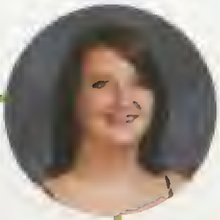
2 The adult human brain weighs about 3 pounds and is about 2% of the total body weight of a person.

3 The total number of human taste buds (tongue, palate, cheeks) is about 10,000.

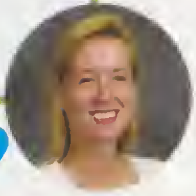
4 The total weight of skin on an adult is 6 lb.

“The classes we had
this year were just
full of great students”
- Lowell Long

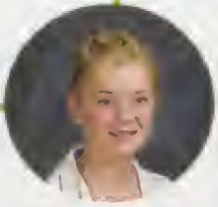
“The biology labs this year were
something new to me”
- Sophomore Stephanie Rangel



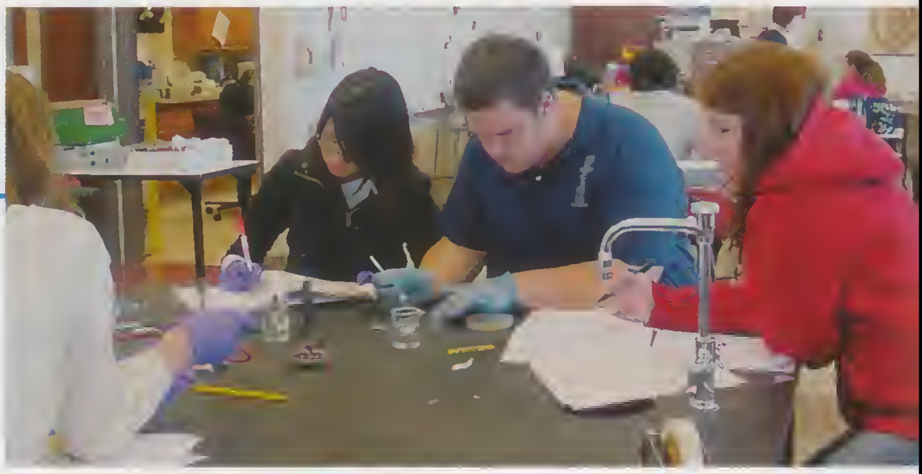
“Biotech is a harder class to handle so we pretty much only had juniors and seniors in the classes”
- Kacia Cain



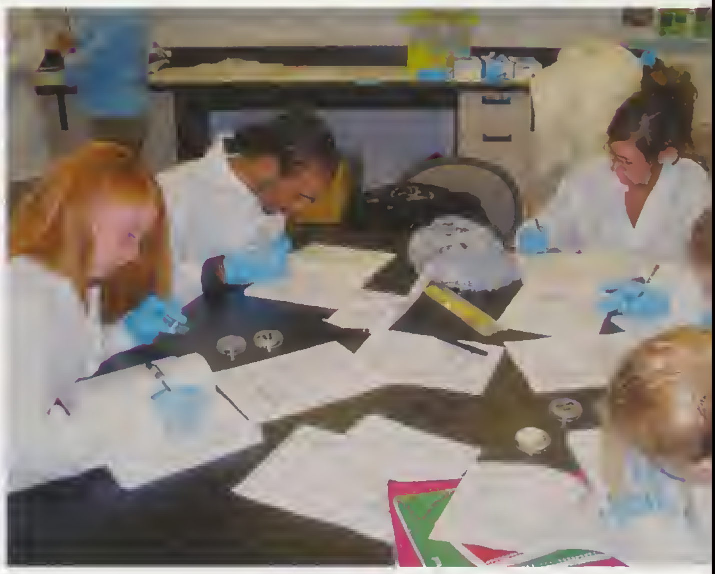
“Biology was a great way to experience new science proects”
- Sophomore Paige Olgren



Seniors **Ashley Baccam, David Rogers, Rachel Diver**, and **Alyssia Rivera** put their heads together to finish their lab in biotech. There were only two class periods of biotech this year.



Biology teacher **Lowell Long** shows his students about genetic traits on the board. Far right, biotech students work on their project at a seminar. Biotech had only two classes and 43 students this year.



Giving a lecture in one of his biology classes, left, **Lowell Long** teaches students about human chromosomes. Below, senior **Josh Douglas** wakes a classmate abruptly from his nap.

Dissecting it down

microscopes-beakers-scalpel-scales-lab coats

Story/layout by Chris Piatt

What is the difference between mitosis and meiosis? What about prokaryotes and eukaryotes? These are just a couple of the questions that students can answer after taking a single year of biology.

"Biology is that really fun science class that everyone always talks about when they get out of high school," said sophomore **Stephanie Rangel**.

Between teachers **Kacia Cain**, **Keri Frommelt**, and **Lowell Long**, students learn a wide variety of topics in biology over the year including cells, genetics, kingdoms of life, human body, and evolution. Most teachers start with topics based upon cells or photosynthesis and eventually move up through the year to DNA forensics and human genetics.

"I make lots of little changes in day-to-day work, but the big projects I keep the same. I try to update and adapt all the time," said Frommelt.

Experiments this year varied from the favorites like rat dissection to finding blood types, corn planting to record growth charts and habits and various cell labs. Students even cut into owl pellets to look for bones of rodents.

"We had a cell lab this year where we looked at plant and animal cells under a microscope," said sophomore **Paige Olgren**.

Biotech also had an exciting year. Taught by Cain, biotech is a relatively new class. East was the first Des Moines school to offer the class 3 years ago and is the only high school in the state that can offer college credit for it.

"We are able to have the biotech class because I have a master's degree in biology qualifying me to be a professor at DMACC College, and that is the requirement," said Cain.

Biotech is a more advanced class that covers a lot in the scientific world including bacteria, cloning, stem-cell research, trans-genetic plants and animals, and dissection.

To cover these topics better, classes conducted several experiments and labs such as transforming bacteria to make it glow, DNA fingerprinting, and amplification of DNA through a process called PCR.

Biotech had two classes this year with a total of 43 students.

"Biotech is a very interesting class and I've learned a lot more than I thought I would in it," said senior **Katelyn Dehaan**. "We had a fun time with all the labs and experiments and still learned a lot of things."

Q: *What was your favorite part of the zoo trip?*

"My favorite part of the class was definitely the zoo trip. I liked all of it, except it was pretty cold out there."

"I liked seeing all of the cute monkeys, and my mom got to go be a chaperone."

"The zoo trip was a lot of fun! I was pretty disappointed because it was cold so some of the cool animals were gone for the year."

These animals are a few of the many that were cared for by the zoology students during the year.

Apes were the most popular animals seen at the zoo by the students. They were really interested in watching them and the things they did.

Did You Know?

When it is born, a kangaroo is only 1 inch long.

A shark can grow a new set of teeth in a week!

Penguins can jump almost 6 feet into the air.

A beaver can hold its breath under water for 45 minutes.

Just buggin' around

insects-mammals-birds-annelids-mollusks-fish

Story/Layout by Hannah Kilby

'Ahhh, get that gross bug away from me!" was a common reaction from some of the zoology students as they learned about bugs this year.

Zoology is the study of animal science and life.

"Believe it or not, bugs are a big majority of the animal kingdom," said junior **Ryan Brouwer**.

The zoology class did many activities in the classroom, such as dissecting a variety of animals, taking care of class pets, and making a huge bug collection.

"We had to collect at least thirty different bugs and pin info about the bug on a big poster," said junior **Justan Shipley**.

Many students enjoyed the dissection unit of the class. They dissected a variety of different animals, including worms, sea anemones, squid and many more.

"I liked it the best because it was cool seeing what the animals were made of," said senior **Alyssia Rivera**. "You learn a lot in the class that you didn't already know before."

The class also took the traditional annual trip to the Henry Doorly Zoo in Omaha. They spent a day there learning more about animals, and how they were taken care of in the zoo compared to in the classroom.

"The trip to the zoo was a lot of fun. I saw some animals I didn't know were there. It was in the winter so many animals were put away. I thought it was cool that I saw animals we worked with in the classroom." said Shipley. "Although I was disappointed that we didn't get through all of the possible studies in class, I still think it was a great class to take."

Some of the students really enjoyed working with animals. The students interested in animals the most are looking into veterinary work for their careers. There are many fields you can go into when thinking about a zoology career, such as zoologist, marine biology, horticulturist, zoology teacher and many more.

"I would recommend this class to any students that are interested in animals or in an animal career, such as becoming a veterinarian or even a marine biologist," said zoology teacher **Keri Frommelt**.

Zoology's fun-filled day at the Henry Doorly Zoo. The zoo trip has been an activity that the class has done for many years.

As the world turns

Earth-astronomy-meteorology-minerals-labs

Story/layout by Casie Johnson

Some kids think Earth Science is just boring old stuff, like sitting and reading a book on how the world turns. Sophomore **Alex Wilson** thinks differently.

"It gives me an opportunity to learn things I didn't know about the earth," said Wilson.

Earth Science is the study of the earth's processes. In the class, students study minerals, the formation of rocks, meteorology, and astronomy.

"We use the text book as a learning guide. As we go, we use a variety of techniques to stimulate learning," said teacher **Lowell Long**.

Long does a lab for every chapter in the book to keep the class fun.

Junior **Tierra Ellis** said, "Hands-on activities like the labs are the best part about the class."

One of the labs the students did was the minerals lab. In this lab the students crushed a rock into little pieces and then measured the weight of the minerals.

"It is fun to learn about minerals because there is such a big variety," said sophomore **Norma Ceballos**.

The students also went out and measured the temperature every day for about a week while studying meteorology.

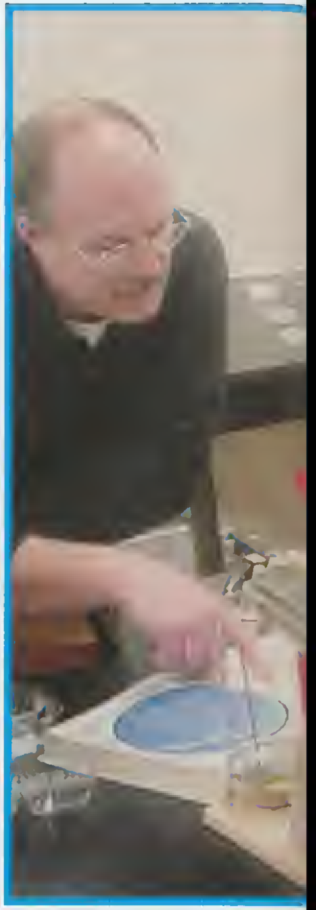
"That lab was really fun because you got to go outside every day instead of sitting in the classroom," said senior **Matt Smith**. "It was cool to see how the weather changes from day to day."

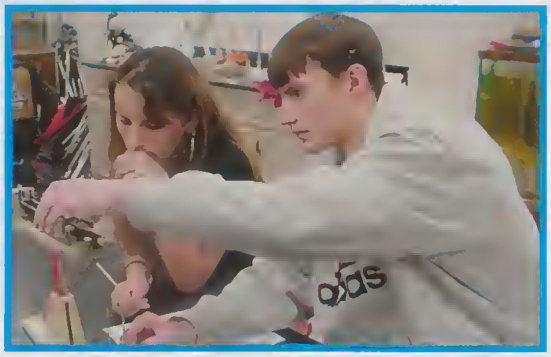
While studying astronomy the students made posters of the solar system and stars. The students had to present their posters to their classes.

"I thought it would be boring to listen to everyone present their posters," said Wilson. "It turned out to be a good learning experience."

They also looked at how far the planets are from each other in classroom proportion. The students also thought it was very interesting to learn the similarities and differences of the planets.

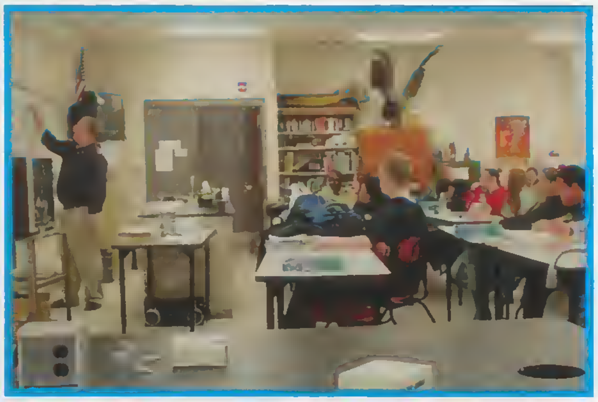
"I didn't really realize how far the planets really are from each other," said sophomore **Abigail Miller**. "People might just think it's earth science but I think it is fun."





Junior **Jeff Gering** and sophomore **Norma Ceballos** measure the mass of rock minerals in class (bottom right). Junior **Jennifer Brown** and sophomores **Jesse Quintanar** and **Israel Duron** measure the volume of a rock (left). Students put all their energy and concentration into studying (far left).

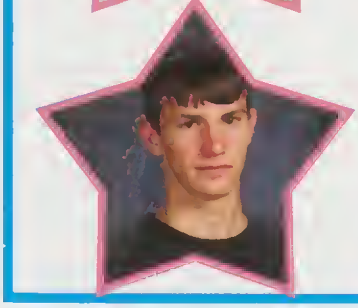
Students listen carefully, while Long tells them about rocks and minerals of the Earth, at left. Long teaches the different time zones, below. Earth science might be fun but there comes a time when you have to learn.



What 's your favorite part about earth science?

"I liked the minerals chapter. I thought It was very interesting to learn about all the different minerals."
-Abby Miller

"I liked Mr. Long and the discipline he had with students. Overall the class was pretty fun."
-Alex Wilson



"There wasn't really any part about the class I didn't enjoy. Earth science turned out to be a great class."
-Jeff Gering

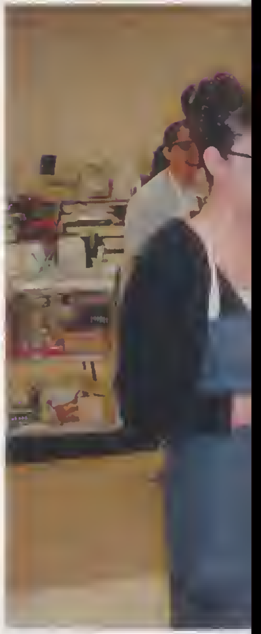
"I liked when we studied the solar system. Mr. Jennings made the class fun when he could."
-Leigha Martin

Junior **Justin Rice** concentrates on a lab while still adding humor to make it fun. **Maureen Griffin's** class does many labs which make students more aware of what college will be like and teach them to work more independently.

Pressures of classes

atoms-molecules-matter-atomic mass-elements

Story/layout by Christian Smith



Weriodic tables, lab work, microscopes, chemical equations, the study of matter and energy, and the principle of physics are just some of things students in chemistry and physics learn about. All though chemistry and physics are not required to graduate, many students enroll in these courses.

Chemistry teacher **Maureen Griffin** said,"I think everyone should take chemistry. Colleges look for at least two years of lab science. People should take chemistry and/or physics because it challenges them. It makes them work and when they work or get challenged it makes their brains work. When their brains are working they grow. I just think overall that no matter what you want to do in life you should try chemistry out."

Chemistry may seem like a hard class, but all it takes is dedication and hard work. This class is weighted and prepares students for college. There are a lot of new terms and equations that come with being a successful chemistry student.

Junior **Ryan Hilding** said,"I think chemistry is really hard. I wanted to drop out of it, but I'm glad that I stuck with it. Their was just so much I had to memorize. At first, I didn't think I could handle it. The way I look at it I was going to have to take it sooner or later. I figured that it would be easier to take it now."

Physics is also a weighted class that many students take during their high school years. In this class they do a lot of book work and a couple of labs. Some say that it's not all that hard; it just takes determination.

Junior **Karl Althaus** said,"Physics isn't that hard of a class you just have to know what you're doing, and I know what I'm doing."

Students believe that the hard work they do now will payoff later. They put in long hours of studying and dedication. They just hope it will all payoff. They believe that they will have to do it in the time to come and just figure that they should just get it out of the way now.

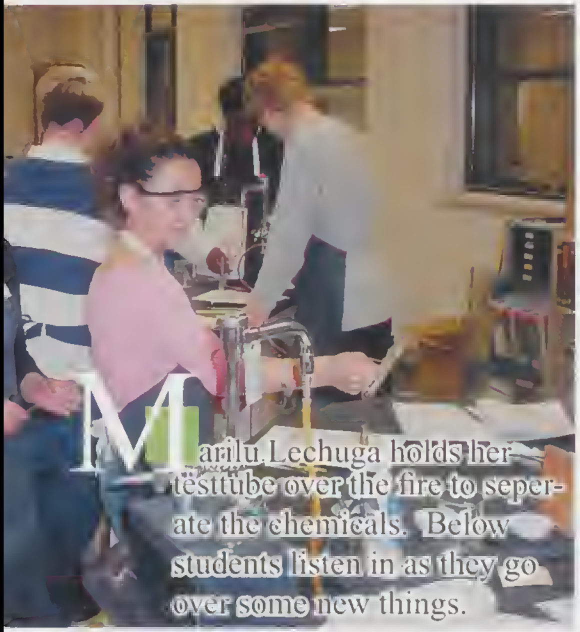
Junior **Justin Rice** said,"Taking weighted classes can be hard and really stressful. At times it's just like I want to give up, but I know it will be worth it. I think if I stick with it colleges will be impressed that I'm taking two weighted classes my junior year. If I take the classes now then I won't have to do it when I get to college."

Colleges look for students who take harder classes. They would rather have a student take a weighted class and get a B rather than them take an easier class and get an A. Many students take that advantage and learn what its like to be in a college level class.

Physics teacher **Ed Jennings** said,"I think physics is a great class for students because it allows them to apply their math skills to science problems. Physics will help students develop their critical thinking skills as well as math application skills. No matter what students are interested in college, they will need critical thinking skills to be successful."

Abby Grover and **Jeff Van Deo**, both juniors, work together to write out their observations. Below are some of the lab results they came up with.

Griffin cracks up about her mole jokes before a project assignment. Junior **Amara Sama** carefully measures the right amount of chemicals that he needs.



Marilu Lechuga holds her testtube over the fire to seperate the chemicals. Below students listen in as they go over some new things.

Funny Chemistry Facts

1. A mole doesn't burrow under the ground.
2. A mole isn't the brown thing on your face
3. Precipitate is not rain.
4. A reactant isn't something you get from a rash.
5. An atom wasn't in the garden with Eve.

State of the School

EHS and The No Child Left Behind Act

Story/layout by Adam Crane

Though the No Child Left Behind Act (NCLB) may not be well understood it will affect all students and has been a major concern of administrators and staff.

The way the law is set up each school must give a certain percentage of its students standardized tests that are used to measure the percentage of students that are proficient in math, science, and reading (at EHS the ITED's are used).

According to the law if this percentage of students doesn't increase by a minimum percentage for two consecutive years, a school can be identified as "in need" of technical assistance and after three years can be subject to negative sanctions.

"East hasn't been identified as 'in need' but we have been identified as a school that is in danger of failing to meet yearly requirements and becoming an 'in need' school," said Principal **Mike Zelenovich**.

NCLB has been met with much criticism as not necessarily being the best way to improve our schools on a national level.

"I don't disagree with the philosophy behind the law, but dehumanizing every student into a number may not the best means of accomplishing the goals set by the NCLB," said Zelenovich.

"One of the major problems is that one standard test attempts to put everyone into a herd so the system promotes mediocrity, which isn't necessarily improvement," said senior **Sara Kain**.

"The problem I see with this law is that it works on kind of a round peg theory that every student is middle class with both parents and has family support so they can all easily improve at the same rate with the same system, but that just isn't the case with many students, especially here at EHS," said teacher **Maureen Griffin**.

Regardless of personal opinions about the law itself most people agree that something needs to be done.

"There is no questioning that our schools are in need of improvement; it's a well-known fact that reading proficiency has been on the decline for a number of years," said Kain

"High schools especially have been in need of an overhaul because the Des Moines high school system has remained almost unchanged since the turn of the century when only about 15% of the population received a secondary education. This system just isn't sufficient to keep up with nearly everyone going to high school," said Zelenovich.

"There has been a need for this kind of change for a long time because the students that are 'left behind' don't disappear. If they aren't helped now they will be a much bigger problem farther down the road," said Griffin.

EHS faces a number of challenges in the coming years with this law. One of the biggest obstacles faced by the school is attendance. According to the Des Moines Register, EHS has some of the worst attendance in the Des Moines district.

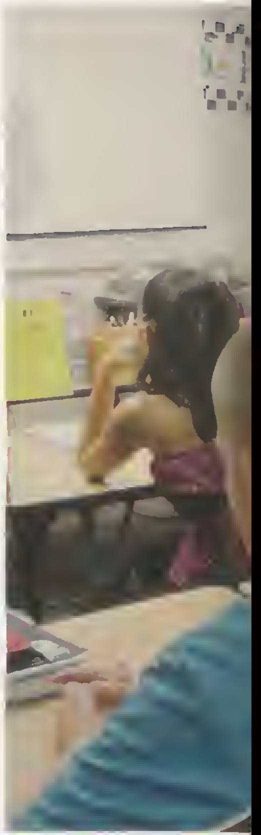
"If students aren't here, they obviously aren't going to learn so we need to focus on attendance. This problem will require a two pronged attack of increased consequences for poor attendance and making more personal connections between students and staff to help them understand the importance of being here," said Zelenovich.

"Again not all students are round pegs that will fit the round holes of the education system. Until we address the needs of each individual student, we cannot succeed in not leaving anyone behind," said Griffin.

"Our attendance policy is one thing that really stands in the way of bettering the school because the current policy really doesn't have any teeth, so students have little or no fear of consequences," said Kain.

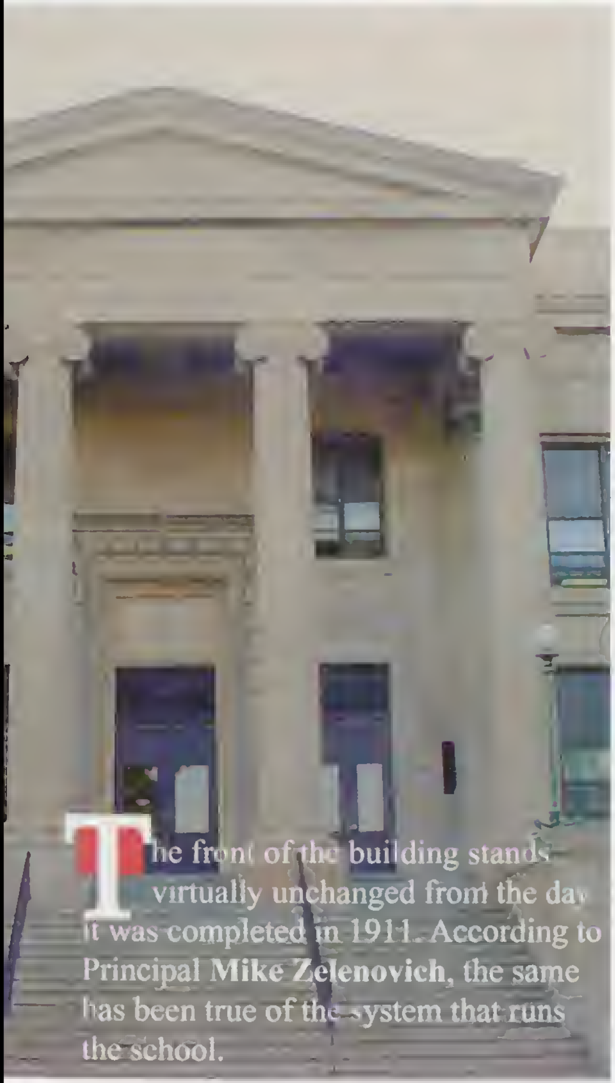
What the ultimate outcome will be for EHS is uncertain, but what is almost certain is that NCLB will be an important issue for EHS in the near future.

"No matter what anyone's opinion is on this matter, we're stuck with this law. It shouldn't be seen as an obstacle but as an opportunity for improvement," said Zelenovich.



Teacher **Dena Harms** conducts a typical math class. EHS has been the second lowest scoring regular high school in the Des Moines district in math and reading for three consecutive years.

Surrounded by supporters, President Bush signs the No Child Left Behind Act into law. Many critics however preferred the name "No Child Left Untested."



The front of the building stands virtually unchanged from the day it was completed in 1911. According to Principal **Mike Zelenovich**, the same has been true of the system that runs the school.

How do we stack up against the rest?

Percentage of sophomores scoring at or above proficient in Reading and Math on 2002-2005 ITED's

Reading

Year	'02-'03	'03-04'	'04-05'
Bridges	--	--	5.0
East	57.9	52.7	47.6
Hoover	59.4	57.0	54.6
Lincoln	64.1	52.9	52.3
North	48.2	50.7	38.9
Pace	--	20.0	25.0
Roosevelt	69.1	67.9	67.3
Scavo	28.4	29.3	23.9
District	58.7	54.5	50.6

Math

Year	'02-'03	'03-04'	'04-05'
Bridges	--	5.0	10.0
East	55.8	49.6	48.2
Hoover	62.4	56.4	58.5
Lincoln	65.9	53.3	53.2
North	46.9	52.4	37.5
Pace	40.0	31.3	20.0
Roosevelt	71.4	66.1	65.9
Scavo	36.5	41.5	32.5
District	59.8	54.2	51.5

Programs build futures

metals-auto-woods-graphic design-drafting

Story/layout by Adam Crane

The industrial arts programs have a long history of preparing students for jobs after high school, especially those that don't require a college education and can be started right away.

As manufacturing and other industries advance in technology, EHS is committed to keeping up.

"Coming out of high school and just becoming a carpenter doesn't cut it anymore; for EHS graduates to remain competitive in the job market they need to keep up with the rest of the world," said woods teacher **Jeff Hall**.

"These classes don't necessarily just get students ready for a job anymore, they offer many ways to put together a career," said Graphic Design teacher **Tom Cole**.

One of the major changes in industry that is a trend world-wide, as well as at East, is automation. Machines are beginning to replace people doing simple repetitive tasks, which may eliminate jobs, but will create positions for people with training beyond high school.

"There are two types of manufacturing jobs: the highly paid, skilled computer programmers and technicians, and the unskilled laborers that are just there to 'feed the machines'. There is a huge difference in pay for these two types of jobs and we want EHS students to be the former," said Hall.

"Within just the past few years we have gotten a lot of computer-operated machines and are moving away from some of the more traditional skills they learn and are exposing students to more of this modern technology," said metals and auto teacher **Jeff Jansen**.

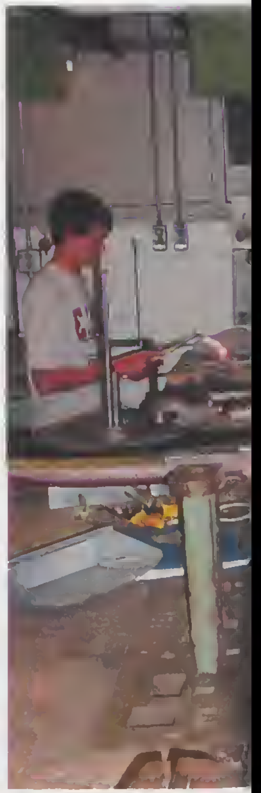
Many students taking these classes are acknowledging these changes and planning for their futures by considering programs like those at DMACC.

"I'd like to be a mechanic but all of the new cars have computers in them so I'll probably have to take auto mechanics and maybe auto body at DMACC," said senior auto student **Eddie Brooks**.

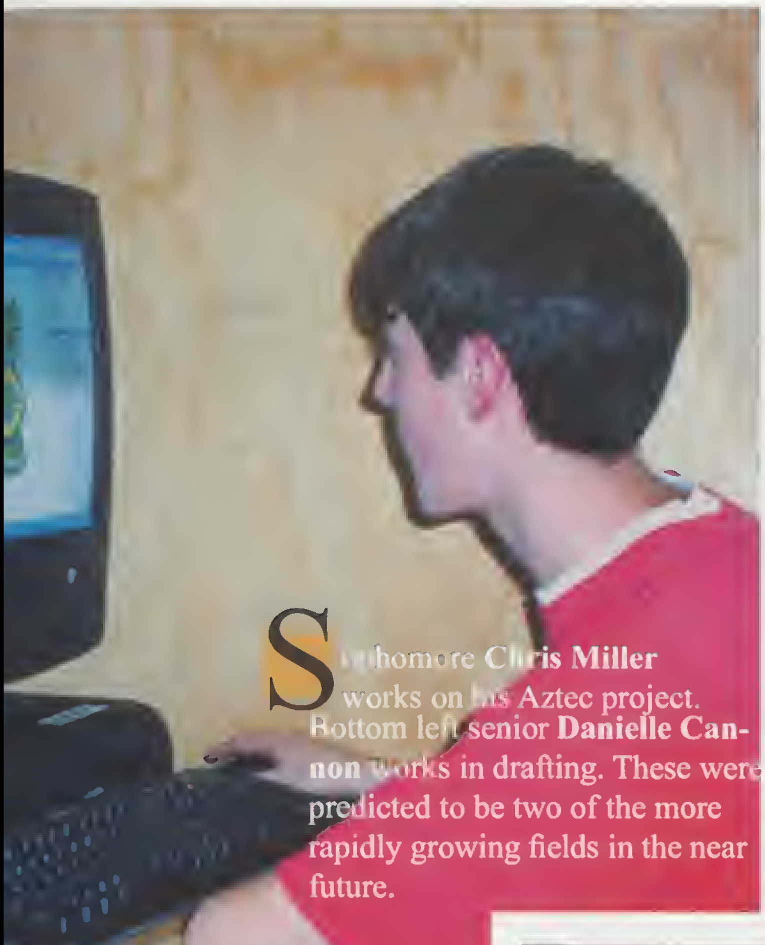
"I'm not totally sure yet but I can definitely see myself doing something woods-related like teaching woodshop," said junior **Jason Goldman**.

As more of these changes come about these programs will continue to adapt in order to prepare students for successful futures.

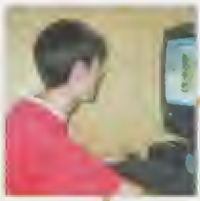
"Within the next few years as the building renovation gets finished, we'd like to add a lot more programs for different careers that we can't do now, like printing," said Cole.



When *I* grow up...



Sophomore **Chris Miller** works on his Aztec project. Bottom left senior **Danielle Cannon** works in drafting. These were predicted to be two of the more rapidly growing fields in the near future.



I already work at Edwards Graphics and I plan on doing graphic design for a living.

-sophomore **Chris Miller**

I can definitely see myself being a woods teacher.

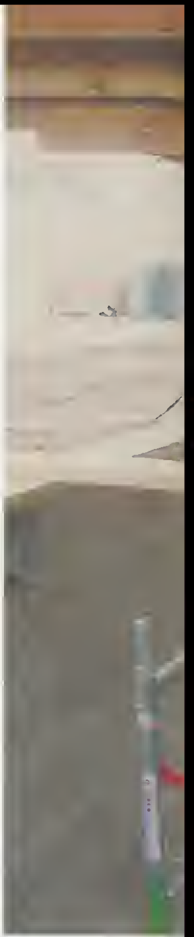
-junior **Jason Goldman**

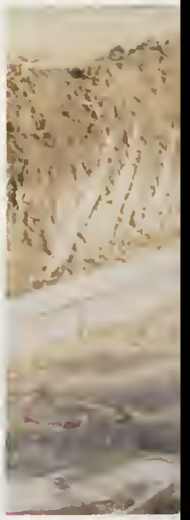
I'd like to be a mechanic, so I'll probably be taking auto-mechanics at DMACC.

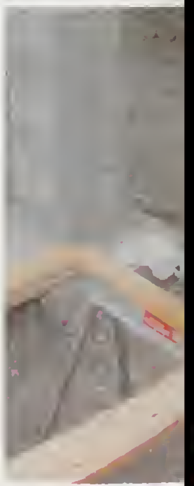
-senior **Eddie Brooks**

Center, sophomore **Chuck Brumbaugh II** works on the handle for his dustpan. Above, Sophomore **Steven Crees** degreases his lawnmower engine. Left, several woods students work at the gluing table. These were some of the more traditional skills students learned.

Students started work in the basement of the house they remodeled. They learned how to lay brick and work on a floor from underneath.







Frame work of the future

nailing-electrical-framing-drilling-trim-

Story/layout by Karen Sawhill

From painting to trim work and electrical to framework, home remodeling covers it all. It is a class that helps prepare students who plan on going into the construction field.

"Electrical work was the best part of home remodeling, we learned about plugs and light switches, and how to run wiring," said senior **Andrew Alexander**.

The program at EHS requires students to remodel a home on the east side, which is eventually placed and sold on the market. The program has been offered here since 1969 and was initially aided with federal money in an effort to find jobs in construction.

Teacher **Lyle Oleson** has been in charge of the program for 16 years and says the greatest accomplishment is to see students go from having regular jobs to having great careers.

Alum **Tom Sawhill** was involved in the program and is now a union carpenter with the Weitz Company.

"Home remodeling was the best part of high school. I still stop by the new jobs to see what's going on and to talk to Mr. Oleson," Sawhill said.

Each project takes about two to three years to finish. With that time frame, some are lucky enough to see the beginning and the ending of each job. Senior **Brandon Cupp** has been in the program since his sophomore year and has been able to experience the many transitions the house has been through.

"When you look at all the stuff we have done, it's crazy. I didn't realize how much we have accomplished over the years," said Cupp.

Students leave this program with enough knowledge and experience to know what type of career is right for them. Alexander is unsure about his future plans, but he has said that joining a union has crossed his mind.

Starting with a pile of dirt, the students came a long way through out the year.

Above, senior **Tad Thomas** shows his little brother, sophomore **Ty Thomas,** how to fit the foundation. Far left, teacher **Lyle Oleson** gets the measurements of a piece of wood. Left, senior **David Abell** works on the foundation of the house.

Training 4 life ahead

love-diapers-parenthood-babies-break-ups

Story/layout by Paige Stock

Babies, diapers, relationships, and jobs are some of the skills that students can learn by taking Family and Consumer Science (FCS) classes. These classes are offered to students to help them prepare for the life they start when they get out on their own. Students have an advantage in learning these skills in school rather than getting out in the world and finding out about these by making mistakes.

"I am an associate for the three teachers of the family and consumer science classes. I really enjoy working in this part of the student's education. I hope that these classes will help students in the future when they get an apartment and out on their own," said teacher associate Sharon Schatz.

Some classes offered through the FCS department are Child Development, Parenting, Relationships, and Adult Living Skills. These few classes help students learn about their life to come and how to deal with certain circumstances that mostly everyone will deal with.

"I saw how babies develop in the mother's uterus. I found learning about that very interesting," said junior Carla Marroquin.

Parenting class prepares you for one of the most exciting and challenging jobs of a lifetime. Students who take this class learn about children. In this class students interact with children, interview parents, create activities, and discover resources to help them develop skills of parenthood.

Junior Rachel Olson said, "I learned how I am going to care for my children and how to raise them right. I really enjoyed the teacher and the course."

Child Development class gives students an outlook on what children are like and a better idea of what it's like to have a kid. This class gives students any opportunity to take the "Baby Think It Over" doll home to give them a view of what parenting might be like. Students have an opportunity to bring children that they know to class and plan activities for them.

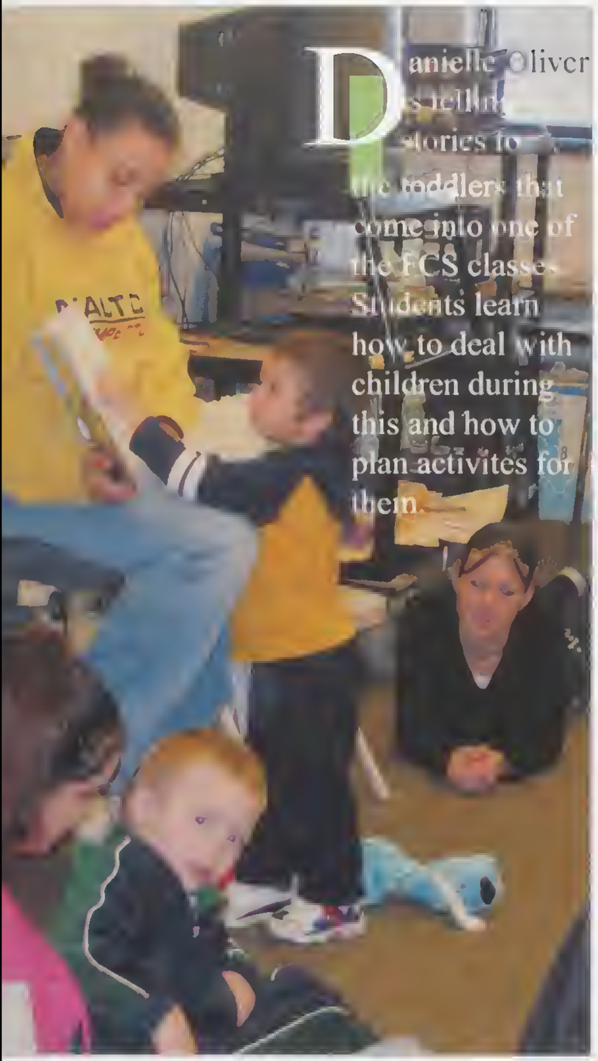
"I enjoyed child development class because I got to really find out what a kid is like. I decided to not take the baby think over doll home because I can already imagine how stressful taking care of kids must be," said junior Channing Quinn.

Relationship class shows students the choice of getting married or staying single. In this class they study human development and relationships through out the growth that people make. One of the questions this course will ask is it possible to balance personal, marriage, parenthood, and career goals.

"I enjoyed relationships class because I learned a lot about myself and a lot about how to deal with my problems," said junior Kianna Colton.

The adult living skills course will prepare students for the life they will have when they get out own their own. Students will try to develop plans in the direction of job, career, and educational goals they have. Through out this course students develop basic skills in food preparation, housing selection, personal safety, and money management.

"I think the FCS classes are like a reality show in high school. We are preparing students for their personal and family challenges in everyday life living both now and in the future. We are the real thing," said teacher Donna Adams.



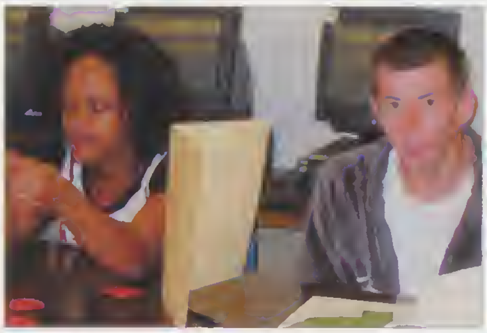
Danielle Oliver is telling stories to the toddlers that come into one of the FCS classes. Students learn how to deal with children during this and how to plan activites for them.

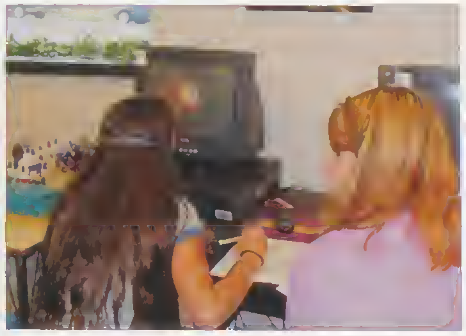
Baby Needs

Top 10 Baby Needs

1. diapers
2. formula
3. clothes
4. bottles
5. parents
6. blankets
7. wipes
8. toys
9. car seat
10. crib

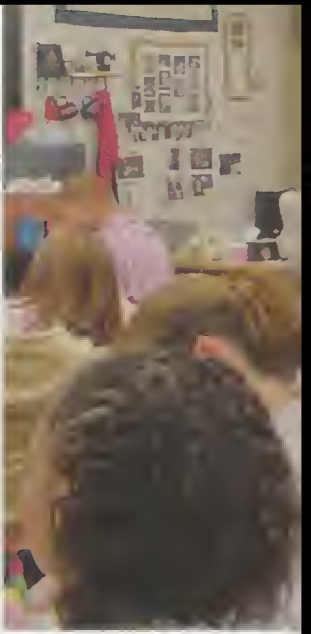
The FCS teachers got to take a look at their new classrooms that they moved into second semester. The moving process was very time consuming and required a lot of packing and unpacking.





Seniors in Mrs.Adams parenting class begin wrapping their "flour" babies for the infant unit in the FCS class. This project was designed to stimulate the experience of carrying and tending a baby at all times. Directly above on the left students participate in a learning game. On the right studetns are watching a video about pregnancy.

Carrissa Smith and Derrick Smith pick out what color that they think is best for them. Far right, are students listening in on a presentation by their classmates.



One step at a time

needles-fabrics-clothes-spoons-forks-meals

Story/layout by Christian Smith

Washing, cooking, cleaning, and sewing are some skills that students can learn by taking Family and Consumer Science courses. All these are needed for the future. Students have a chance to build on these skills during school in elective courses.

Senior **Meagan Mangra** said,"These classes will come in handy next year when I have to live on my own."

One of the cooking classes offered is Food and Nutrition. This class focuses on the food pyramid and what happens behind a person's food choices. This class also teaches students how to prepare, cook, and store food properly.

Junior **Chris Sorenson** said,"I liked taking the class. It helped me learn how to cook and I liked eating the food."

Another class that helps with cooking is Food and Consumer. In this class it teaches students how to get the best deals; spending on a limit. It also deals with kitchen design and how to make attractive meals.

Sophomore **Cody Smith** said,"I haven't taken the class yet but I want to because I need to learn how to cook and prepare my own food."

A couple classes to help with design are the sewing classes. In these classes students learn the basics on how to sew and care for fabrics. Then in a more advanced class they do projects on making shirts and pants. Students must purchase their own material that they want.

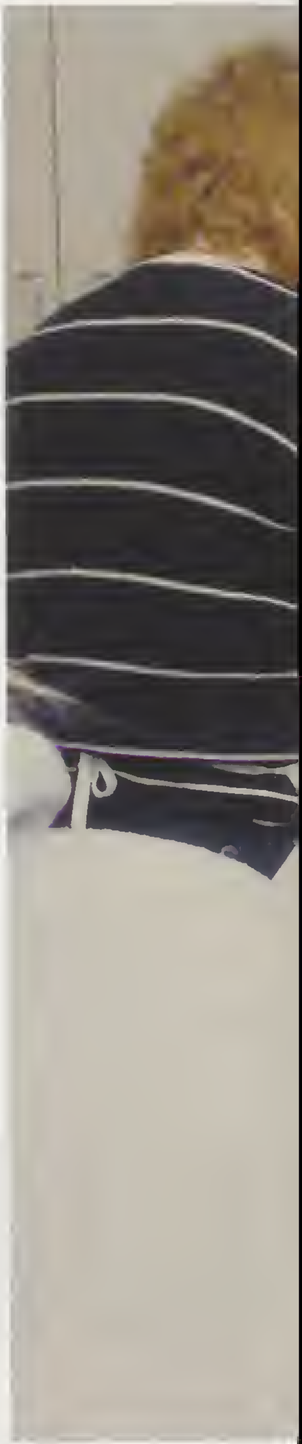
Junior **Josie Sacco** said,"I took sewing and learned how to make a lot of things. Without taking this class I wouldn't know how to sew."

Fashion is a course that helps with design and creativity. In this course, students develop their own sense of style. They check out current fashion trends. This class does not include sewing.

Junior **Ashley Wessel** said,"I'm glad I took fashion. I got to see all the new fashion trends and what not to wear."

Some people, like students and teachers, enjoy cooking for the fun of it, not because they have to.

Teacher **Kathy Crum** said,"Food is an art, science, entertainment, career, health and a pleasurable passion of mine. I believe it will help students later on in their life when they need it."



Students demonstrate what color of fabric that they would like to make their upcoming project. They had to make curtains.

Iryna Kot is picking out her fabric that would match her skin in the best way. She was a foreign exchange student who came to East for a little while.

Mrs. Crum demonstrates how to do the upcoming cooking lab that the students had to do the following day.

Kitchen Basics

1. Choose an easy recipe
2. Read whole recipe before starting it(have everything)
3. Understand all directions
4. Make sure you have enough time
5. Have all ingredients and utensils ready
6. Always wash hands
7. Always clean up spills ASAP
8. Always clean counters before placing food on it
9. Don't cook without parent permission
10. Always make sure to clean up your mess when finished

"Never doubt that a
small group of thoughtfully committed citizens
can change the world.
Indeed, it's the only
thing that ever has."
-Margaret Mead

Organizations

EAST HIGH
MARCHING
06

Leading East

Story/Layout by Alyssa Heggen

Student government has been a part of East for many years. Starting in the early 1900's student government began as a group of 150 to 200 students. Today, student government is responsible for the food drives, the blood drives, and contributions to the memory spiral.

One of their biggest events of the year is Homecoming. They decided the theme: "A Night in Paris;" the colors: purple, blue and silver; the decorations: Eiffel tower in the gym; and the prices: tickets $10. They decorated the gym and the cafeteria and earned about $7,000 to $8,000 dollars this year on ticket sales.

blood drives

"We disagreed on things and had different views but in the end Homecoming turned out great. I couldn't have been happier with it," said senior **Stephanie Chubb**.

homecoming

Senior Board has about eleven committees: prom, post prom, senior breakfast, underclassman elections, tropical fun fiesta, senior faculty challenge, senior shirts, alumni dinner, senior survivor, class day, senior awards night, and commencement.

"Being chairman of the prom committee

Prom Committee
Chairman: [illegible]
[illegible]

33 members

Senior Faculty Challenge Committee
Chairman: [illegible]
[illegible]

25 members

[illegible]
[illegible]
[illegible]
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25 members

[illegible]
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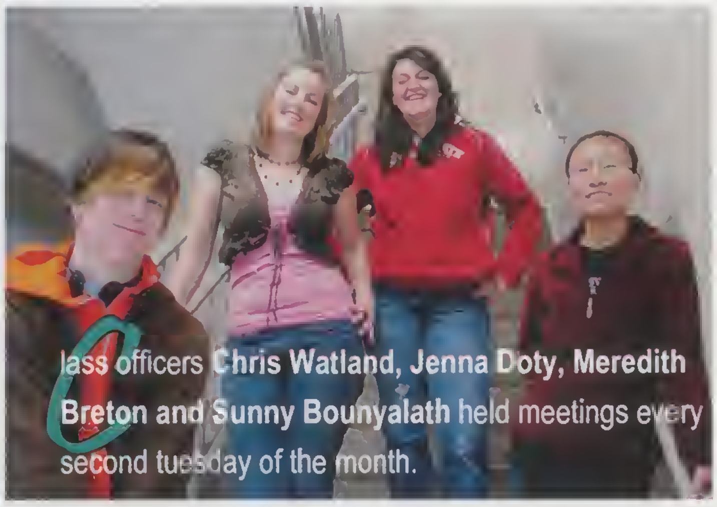
[illegible]

21 members



Class officers **Chris Watland, Jenna Doty, Meredith Breton and Sunny Bounyalath** held meetings every second tuesday of the month.

Angie Lin listens in a meeting. The raised money for St. Jude's hospita

is hectic. We have to choose a location, the theme, color, and we have meetings. It was a great experience to be in charge of something so big," said senior **Jenna Crum**.

community

Senior board also elects class officers and this year's president was **Chris Watland**, vice president, **Meredith Breton**, secretary, **Jenna Doty** and treasurer, **Sunny Bounyalath**. Elections were held at the beginning of the year. Twelve people ran for class officer positions.

"I felt that I would bring a unique character to our senior class, that I could think of ideas that no one would even think twice about. I feel I did a really good job as president and I hope whoever takes my place does a great job also," said Watland.

hard work

Above, the seniors and SUB [illegible] goof off during their last days together. Members celebrated the success of homecoming at Jordan Creek Town Center.

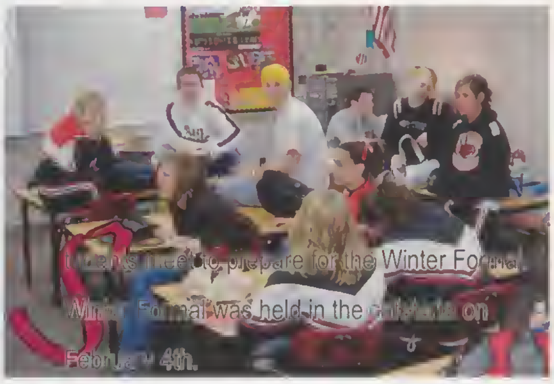
Chairmen **Heather Alexander** and **Nataleen Sakakhonone** address the members about fundraising. They chose to have a change drive for St. Jude's hospi-

Nataleen Sakakhonone and **Abby Grover** enjoyed cheesecake at the Cheesecake Factory after planning homecoming. They celebrated the success of the dance.

ld vice president senior board president secretary trea

ve homecoming leadership student government lead

Below, the officers postpone the meeting in order to take a quick picture. Right, Pep E members take a break from decorating to get a bite to eat. The dance took place in the cafeteria.



Students meet to prepare for the Winter Formal. Winter Formal was held in the cafeteria on February 4th.

Above, sponsors **Robbie Malm** and **Linda Nemmers** talk to students about what they will sell this year. This is Malm and Nemmers third year being the sponsors together.

Giving pep to all

Story/Layout by Nickie Freel

Everyone has seen the red and black [illegible], the 50 cent pompons, the awesome basketball t-shirts, and the megaphones that make the student section so much louder. Where do all these items come from? Who creates them? The answer to these questions is simple. It's the Pep "E" Club.

"We sell things to get the students more involved with the school," said senior **Justin Denham**.

everyday

This year they sold many different items. Football pins and spirit strips were sold during Homecoming; megaphones, Scarlet tattoos, EHS wrist bands, and pompons were sold throughout the year; and during basketball season they sold t-shirts.

creativity

The money raised by selling these items was used to help fund the Winter Formal, which is also put on by Pep "E".

"We are always busy. Coming up with

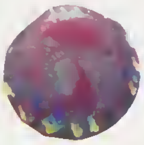
Megaphone: $2.00

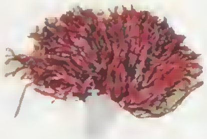
Spirit Beads: $1.50

T-shirt: $10.00

Spirit Strips: $.10

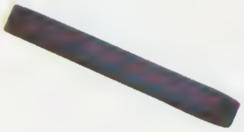
Homecoming Buttons: $2.00





Pompons: $1.00

EHS Wrist Bands: $1.00



Scarlet Tattoos: $.25

Having School Spirit: Priceless

Pep "E" Club

Somethings money can buy...

For everything else there's Pep "E"Club

lved dynamic pep "e" snappy spirited liveliness spunk

igorate winter formal club spirit items creative moti

spirit items for the games and then Winter Formal," said sponsor **Robbie Malm**.

The formal was held February 4 in the cafeteria. Its theme this year was "Winter Paradise," a fun tropical theme to take students away from the cold Iowa weather. Many people and teachers donated their time and efforts to help with decorations and odd jobs.

teamwork

"It took a lot of work, but it was all worth it. Winter formal was so much fun," said junior **Addison Speck**.

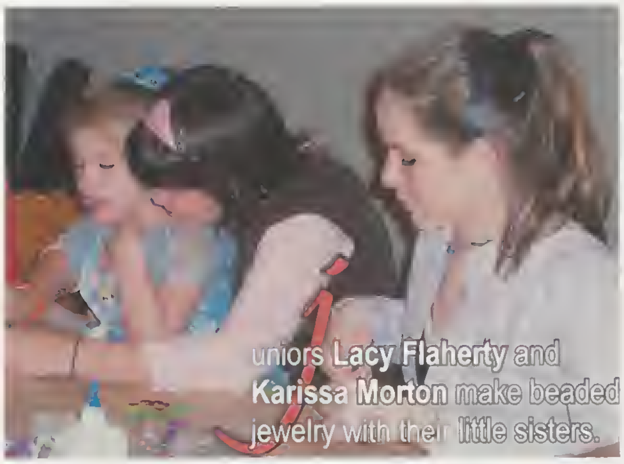
There were tiki huts and palm trees, gold fish and lots of fruit. Teacher **Susan Hook** helped out with the ideas and how to make a paradise in the middle of the cafeteria.

"We have a great group of kids this year that always gave their honest opinions and creative ideas," said Malm.

Pep "E" consists of many students from all grades that put forth a great effort to fill East with all the spirit that it has.

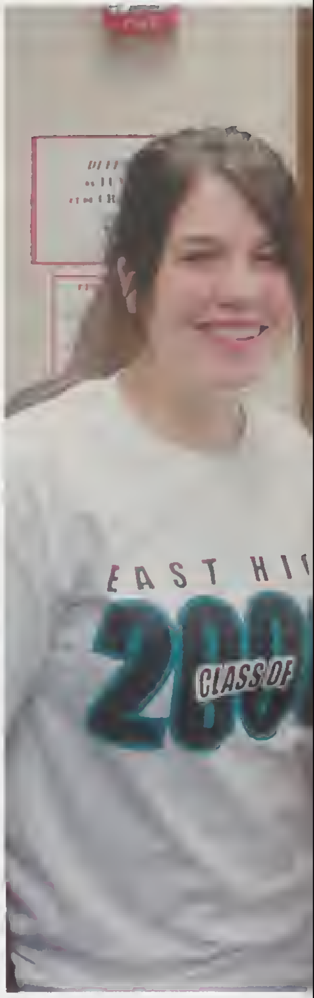
spirit

Helping out her little sister at the 4 Mile Community Center, junior **Amy Tarr** admires their work. The 4 Mile Community Center helps out more than 100 under-privileged children.



Juniors **Lacy Flaherty** and **Karissa Morton** make beaded jewelry with their little sisters.

Seniors **Anna McCourt** and **Sunny Bounyalath** have a deep conversation about what projects they favor. Caught in the middle is senior **Seashia Vang**, amused.



Lending a helping hand

Story/Layout by Hoang Nguyen

"It's important to do things that help other peoples' lives feel greater. Volunteering for local charity events is very rewarding and I'm glad I have the chance to do it," said junior Key Club member **Anthony Calvache**.

Calvache, along with other members of Key Club and National Honors Society (NHS), are helping the east side to be recognized more often not only for outstanding performance in sports, but also because of all the services that EHS organizations put forth.

Groups like Key Club and NHS are organizations put together to achieve the goal of helping the community in areas where it's needed the most. Along with National Council Youth Leadership (NCYL), these groups do charity work, have fundraisers, help out around school and have the occasional get-together to reward themselves for a job-well-done.

"Key Club was a pretty good choice for me since I wanted to help people out with their problems," said freshman **Jenny Young**. "Also, I had an older brother that was in Key Club who got me interested in joining."

Key Club's main goals are for each member to put forth at least 20-24 hours of community service

volunteer

leadership

Every club needs leaders. As seniors (left to right) Karen Sawhill (pres.), Erin Johnson (tres.) Angie Lin (sec.) show off their class of '06 shirts.

NHS Q & A

Sydney Williams

junior

Q : What are other peoples' reactions to your services?

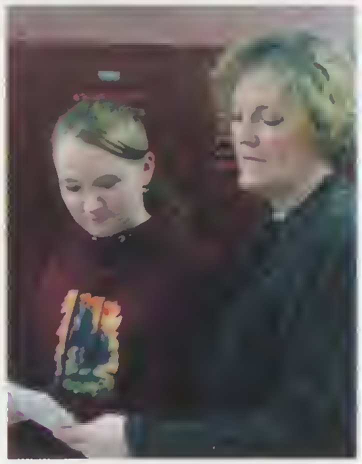
A : They're usually very grateful that we help the east side. It's good to get out in the community and help. It makes us look like good citizens and not like trouble-makers.

Meredith Breton

senior

Q : Do you plan on volunteering after high school and why?

A : Yes, I enjoy the feeling you get after you volunteer. It is very fulfilling.



Planning for the future, Key Club director **Deb Peterson** checks out new, potential members to initiate in, with the help of freshman member **Jenny Young**.

and to clean up the school. Past events include bake sales for cancer awareness and helping out at marathons for various diseases.

charity

For the past three years, NHS has been participating in Big Brothers & Big Sisters and continued that year. Also, they helped out at the 4 Mile Community Center for under-privileged children.

"I enjoyed doing Big Brothers & Big Sisters. I like to work with little kids and it made me feel I was doing something for my little sister," said senior **Meredith Breton**.

"Trying to get in was pretty tough," said junior **Jiear Vang**. "It's totally worth it. I want to do my part in the world."

At the end of the year, the senior division of NHS planted an emblem of an "E" in the schoolyard to leave something behind.

"Being in NHS makes me feel I have a reason to be here," said senior president of NHS **Karen Sawhill**.

service

One thing that Key Club, NHS and other similar clubs have in common is that they all want to promote leadership, service within their community, and character building skills.

"I'm glad that I get the chance to work with a group of strong-willed students to make a difference in the lives of others," said NHS director **Amanda Eimers**.

harity national academic community honors volun

eadership character service work society change serv

Freshmen involved in Science Bound meet every Monday after school to learn about science, and a chance to earn a scholarship to ISU. These members are helped by Rudisill to sort various rocks and minerals into groups

Leaping & Bounding

Story/Layout by Chris Piatt

Science Bound? What is Science Bound? Is it a class or an organization or something else?? The answer to this particular question is a little bit of everything.

"It's a scholarship program set up by the government to help students through college bound classes so that they can earn a scholarship to Iowa State University," said **Annette Bierkamp**.

Science Bound is a sort of extracurricular school activity and a scholarship program. Run by teachers **Lowell Long**, Bierkamp, **John Rudisill**, **Deborah Neustadt**, and **James Giboo**. Freshmen are helped by Neustadt and Rudisill while older students are helped by Bierkamp and Long.

dedication

"This is a great opportunity for students interested in science to get a scholarship to ISU," said Neustadt.

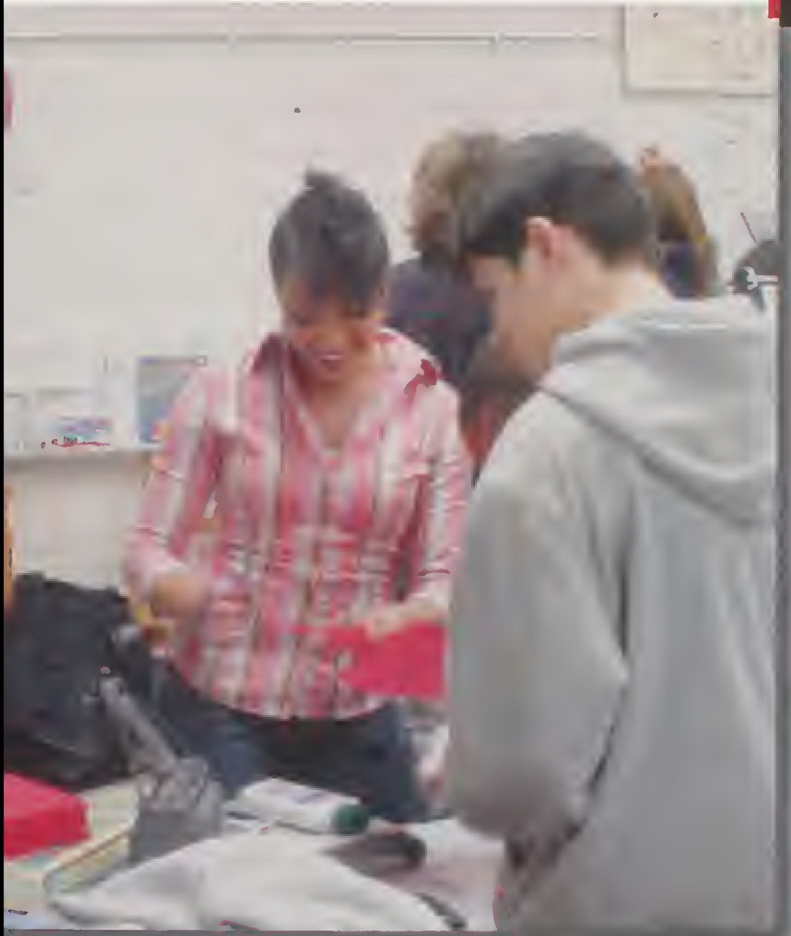
Science Bound stays active as much as possible by holding meetings every Monday night for freshmen and every Tuesday night for sophomores, juniors and seniors. During these meetings members can get help on homework, work on grades, sign up for tutoring, or even get some career guidance and exploration.

ambition

A large group of talented underclassmen are now involved as well, and the sophomore group is a "rise and shining example" said Bierkamp.

But Science Bound is not open to all students. Members were picked when they were in middle school by certain codes of ethnicity from surrounding middle schools. Only students who are of an underrepresented minority group

Science bound members **Jarae Shelton**, top left, **Joseph Rivas**, top right, **Narelle Buffalo**, bottom left, and **Tia Mays**, bottom right, are recognized by teachers for their hard work. Right and below, members prepare for the annual carnation sale to help raise money for the summer trip to Chicago. Members sell white, red, and pink carnations for funds needed on the trip.



Career Exploration
possible SB careers:

-Biotechnologist

-Science Teacher

-Geologist

-Chemist

-Rocket Scientist

in Math and Science are chosen to be in Science Bound.

"They chose me to be in Science Bound way back in middle school and I just stuck with it all through high school, and now I'm the only senior left," said **Jarae Shelton**.

About five times a year, Science Bound juniors and seniors make a trip up to ISU to participate in several seminars. Throughout the seminars they take the students through the school's campus and introduce them to class scheduling.

"We like to give the upperclassmen exposure to different Iowa State majors so they can get a better grasp of the career path they might like to follow," said Long.

preparation

At the seminars, occasionally, are small labs to give the students a taste of college science classes. ISU brings in a professor to help and observe as students test water quality for potentially dangerous chemicals.

"The trips up to ISU were great, they showed us around the campus and gave us a good look of college life," said junior **Tia Mays**.

determination

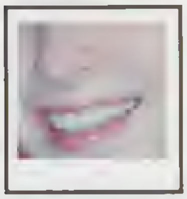
Science Bound also tries to keep it casual and fun. Every two years Long takes several students to Chicago for a sort of recreational getaway where they partake in scientific events. The group visits the zoo, aquariums, and the Museum of Science and Industry.

"I take kids to Chicago every other summer," said Long. "This summer will be our sixth trip."

nicroscope science patience calculations dedication test
pencil calculator estimation goggles bound burner la

Say cheese...

Story/Layout by Sydney Williams



Sophomore **Jena Bowen** looks through the eyepiece of her camera. Focusing the lens, she presses the button and within seconds has captured a moment in time.

Bowen is one of many students who chose to participate in the photography program that East offers.

This course, taught by **Martin Mohler**, covers everything from the basic uses of a camera to "how to take good photographs, not just snapshots."

According to Mohler, the class is primarily digital, and gives students the opportunity to experience something new and different.

"I wanted to take photo because I thought that it would be really interesting," said Bowen.

Once students are familiar with taking photos, they are given assignments to help them focus on different aspects of photography. They take pictures of subjects showing action, color, contrast, and more. Students then compose a portfolio of all of their final prints.

photo by: Ryan Brouwer

photo by: Liana Mkhatvari

photo by: Deangelo Rosenbalm

Senior photography student **Pat Cooper** focuses his lens as he takes a photo of the East High plaque in the lobby.

"My favorite assignment was when we had to find and photograph examples of texture," said Bowen. "I took a picture of bricks and a fence."

picture

Even though Mohler has been teaching for 32 years, he hasn't always been the photography teacher.

According to Mohler, East was losing the photo teacher, so he offered to instruct the class and has been teaching others about photography for the past four years.

"It was cool to learn about photography from someone who appreciates it," said junior **Addison Speck.**

For Mohler, photography has become not only a class to teach and a skill to pass on, but also a hobby.

hobby

"I took a photo class in college at Northwestern Missouri because it was required," said Mohler.

He then developed a "personal interest" for photography and has been enjoying it ever since.

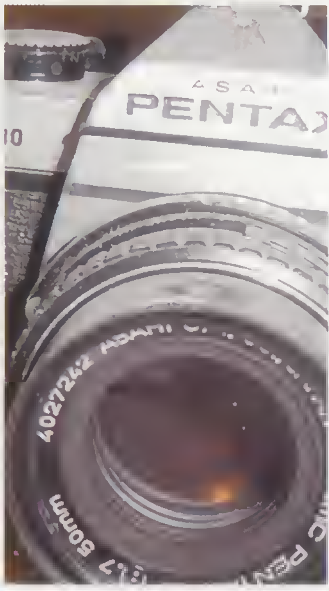
photo by: Alyssa Heggen

photo by: Mr. Mohler

photo by: Ashley Nelson

photo by: Alan Rubenking

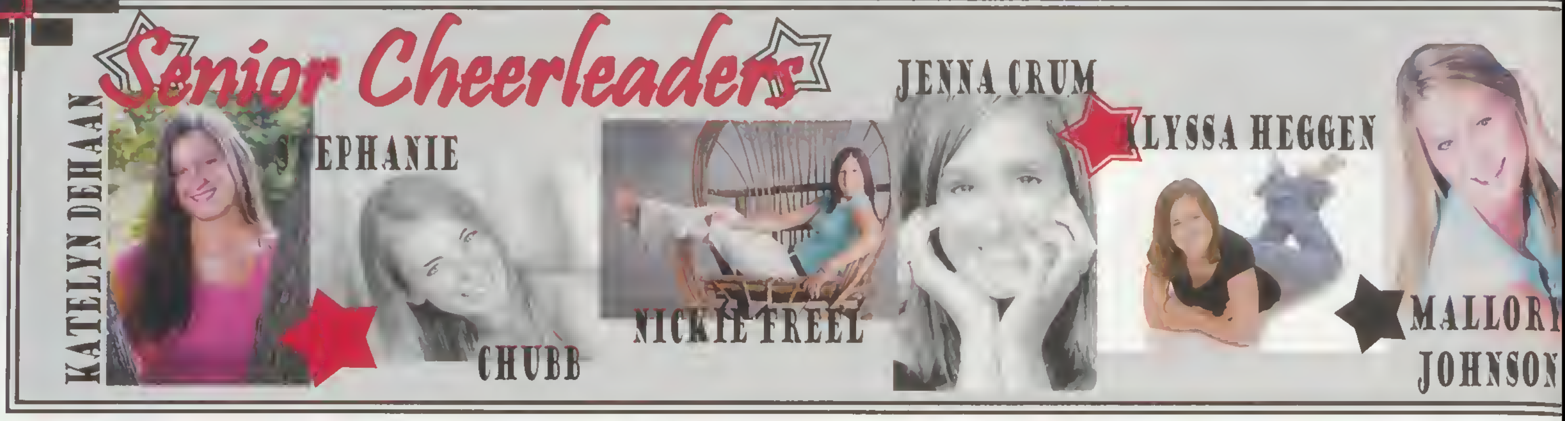
photo by: Addison Speck



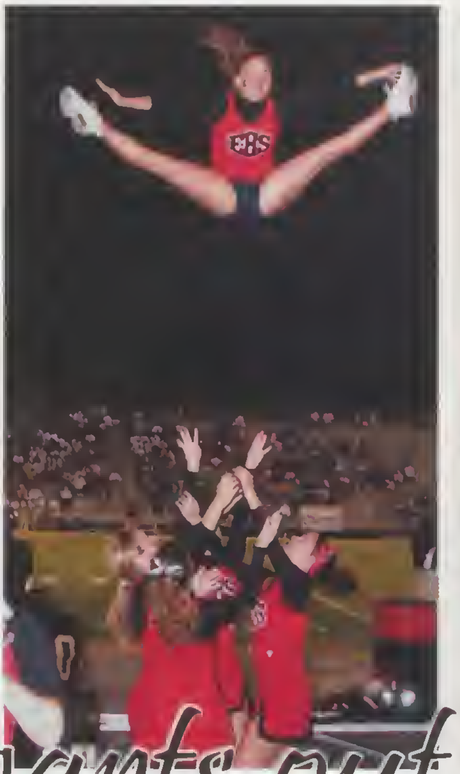
h camera film technique smile dark room develop fla

cus zoom crop picture photo framing lens pose polar

Senior Cheerleaders



The football cheerleaders perform a stunt for the first kick-off at a game. Top right, **Stephanie Chubb**, **Lacey Bergan**, and **Samantha Waters** try to pep up the crowd during a basketball game. Bottom right, the varsity wrestling squad is cheering a wrestler onto victory.



Cheerin' their hearts out

Story/Layout by Meredith Breton

During one week in April of last year, senior **Mallory Johnson** filed into the gym with about 35 other girls. They all had one thing they all had in common, the desire to be an EHS varsity cheerleader.

Johnson said, "I was just excited to try out since it was my senior year and I have been a cheerleader throughout high school."

For one week every year, juniors and sophomores attend a clinic to prepare them for the tryouts on that Saturday. The girls who make it will be the next year's varsity cheer squad.

spirit

"I was stoked to make varsity this year because I was the only junior on the wrestling squad, and it was stellar," said junior **Christina Tharp**.

During the clinics, those intending to trying out, learn cheers they must perfect to meet the standards of the varsity level. This means they must have tight motions, a strong voice, and perfectly timed actions. Not to mention that all this is performed with a smile.

strength

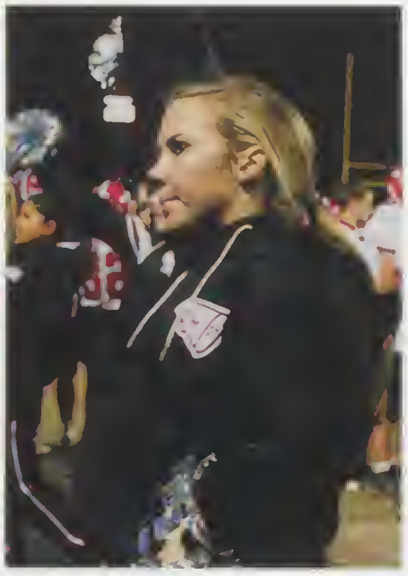
"Varsity cheerleaders have to meet higher standards," said Coach **Denise Rourke**. "The tryout cheers are more difficult so I can see them if they can perform at that level."

After the five days of clinics, tryouts are

MEAGAN
MANGRA
MEREDITH
BRETON
MINDY CAREY
SAMANTHA
WATERS
SHARMAINE LEE
COACH
DENISE
ROURKE

Junior **Addison Speck** hits a motion at the end of a cheer. The varsity cheerleaders are expected to show spirit to try to get the crowd involved.

The girls take a time out during the homecoming game to pose for a picture. The homecoming game is one of the biggest games of the season.



held on that week's Saturday morning. Each person is assigned a number that must be displayed on their plain white shirt. From there, numbers are drawn out of a hat to determine the order of the tryouts. This is where nerves take over.

hard work

"Everyone is nervous because none of us want to mess up. The tension builds if you're not one of the first numbers called," said Johnson.

Once someone's number is called they go into the gym to perform the cheers, the dance, and the jumps learned during the week of clinics.

After everyone has tried out, the scores are tallied. The names of those who made it are posted the next morning. This brings mixed emotions for all.

"All morning you keep yourself busy with stretching and practicing so you can keep your mind off the actual tryouts. That Saturday is always so stressful," said junior **Nicole Rayman**.

For those who made it last month, all the hard work will pay off. They now have the next year to look forward to as a varsity cheerleader.

motivation

ant stunt cheer spirit basket toss pom-po
er sit pom-pons stunt crowd leaders

Cheering a new cheer

Story/Layout by Paige Stock and Christian Smith

Pressure, loud voices, stiff motions, practice, concentration, and lots of dedication are just some of the skills that the freshman and sophomore cheerleaders need. A new experience came for these girls this year where these skills had to be put into action. The underclassmen got a new opportunity that no other cheerleaders had gotten before. They were going to camp with the varsity team.

Sophomore **Mackenzie Schmitt** said, "I looked forward to meeting new people from the other squads when I heard that we were going to camp. I was excited to go with all my close friends and looked forward to getting to know the older girls that were on varsity."

standing

Coach **Denise Rourke** decided to take the underclassmen because she thought it would be a good learning experience. The underclassmen were never allowed to go before because it was a tradition that only varsity goes to camp.

strength

In years past Denise always felt that camp would be a tremendous problem for the squads considering they were all new and not used to cheering as a squad. She ended up changing her mind because she felt that the team would be there to get close and learn how to work together.

Sophomore Mackenzie Schmitt works hard to be tight while working on stunts during camp.

Above sophomore cheerleaders strike a pose during a football game. Freshman **Katelyn Tappen** hits a herky during the freshman game against North.

Freshman **Molly McCuddin** said, "I learned a lot of new cheers at camp. Our squad learned how to work together as a team. I was really excited because I got to do a 'cradle' for the first time. It was scary at first but worth it in the end."

Camp was held this year at Creighton University in Omaha, Nebraska. The camp lasted for three days. The girls stayed in the dorms at the college. The camp consisted of many dances and cheers being learned every day. At the end of camp everyone came together, worked as a team, and got to know the whole squad on a friendly basis.

commitment

"Camp was fun because we got to make our own dances and I liked putting all of our ideas together into one big dance. I had a lot of fun dressing up on Spirit Day," said sophomore **Kelsi McCuen**.

Something the underclassmen struggled with was to remember was that they weren't there to win anything or to compete. Throughout camp there were many awards given out. Some girls did not expect to win any awards but in the end they won the line dance.

hard work

Freshman **Larissa Connett** said, "It was a great experience and a great way to learn more about our squad. We weren't there to win anything but in the end we did and it was an added plus!"

Rourke said, "I felt that it was a really good idea that the girls all went to camp together after it was over. They all worked really hard and did a good job. They all made a lot of progress and I'm proud of them."

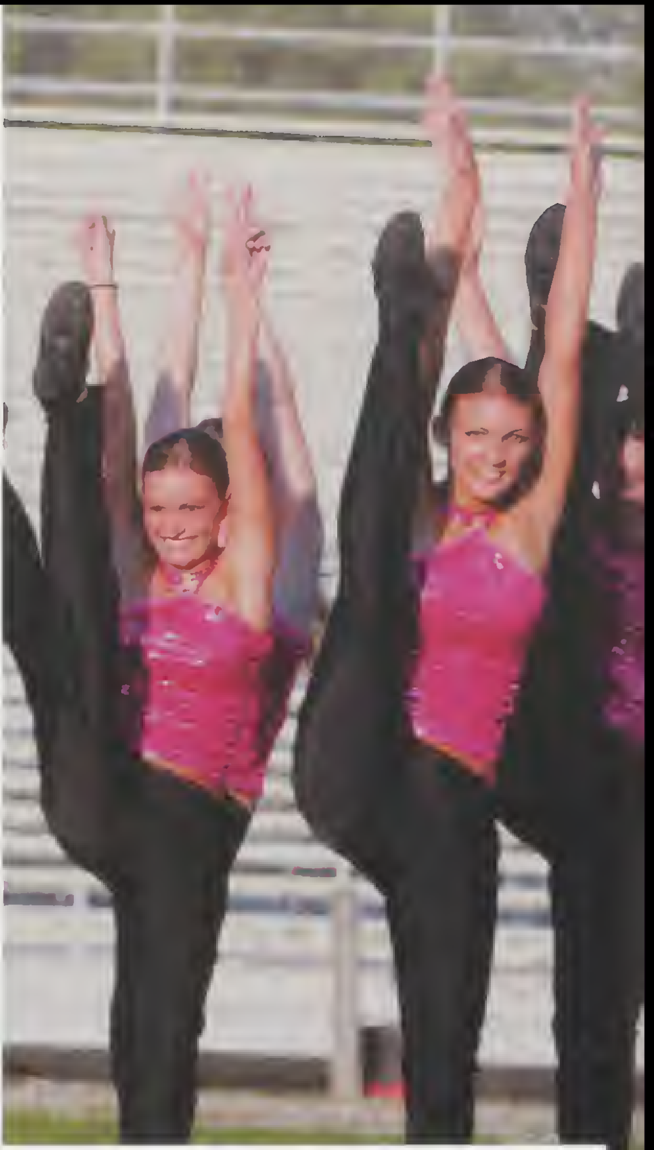
Lots of toilet paper is required to get the job done. During Homecoming Week freshmen **Lacey Woltz**, and **Heather Seward** are busy planning their secret night.

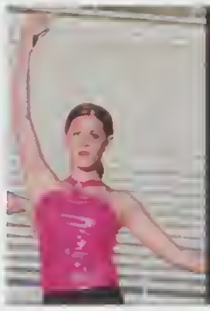
Freshmen smile with lots of excitement during one of their first football games.

9 & 10 Cheerleading

mile loud voices cheer spirit dedication role models her
basket tosses extensions leading exciting motions pra

Doing their pom routine, the Steppers performed during a football game. They also performed around the metro.





> "I've danced for a long time so I wanted to get involved with school, so I joined Steppers. I had a lot of fun and I met a lot more people than I would have if I didn't join."
>
> -Shelby Eckhardt

Dance, dance revolution

Story/Layout by Jennifer Harmon

Looking around Veteran's Memorial Auditorium, sophomore **Chantell Moody** sizes up her competition. As they stretch, pray, and practice their routines butterflies fill her stomach. She realizes these other dancers from around the state are extremely talented. For Moody and the other Steppers, their time to shine has come at the state dance competition (ISDTA.)

talented

This year's routine for competition was slightly different for returning Steppers. In years past, they competed in the lyrical division, while this year the group danced hip-hop. This was the girls' decision.

"The girls get to choose what dances they do. They voted on which style and this year they chose hip-hop," said coach **Jacqueline Carrillo**.

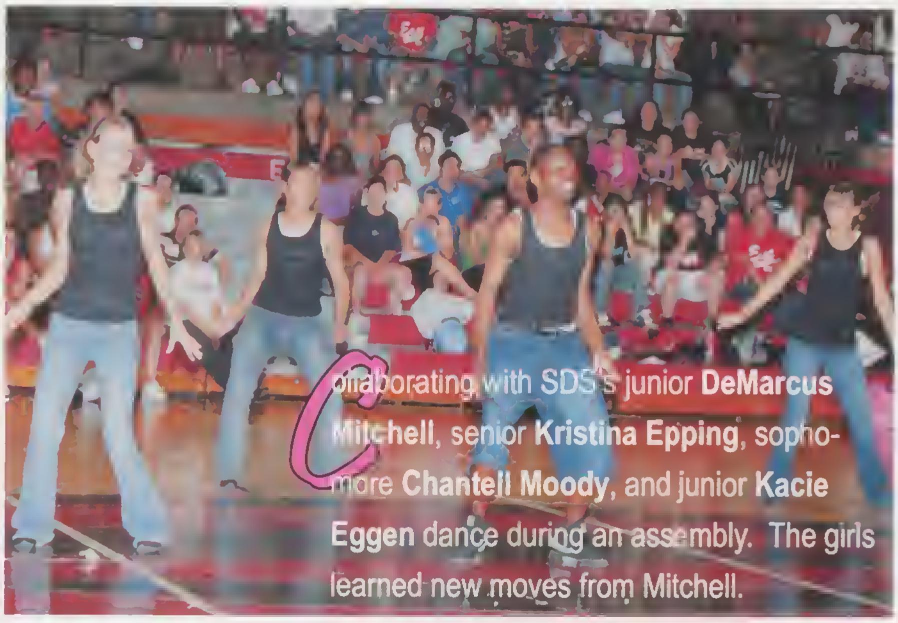
Sophomore **Rachael Schwartztrauber** said, "Even though I'm not really into hip-hop and rap, I think we did a good job and it was still really fun to do different stuff."

Moody believes that this year's group was "better at hip-hop" and some even had background in it with previous dance classes. This extra experience, along with plenty of

experience

Kicking high, the Steppers performed at a football halftime. Coach Carrillo said the girls practiced intensely to perfect their routines.

After a parade sophomores **Rachael Schwartztrauber** and Stephanie Rangel and senior **Genesis Beltran** goof around. Schwartztrauber and junior **Kacie Eggen's** solo performances at state earned them both Division I



Collaborating with SDS's junior **DeMarcus Mitchell**, senior **Kristina Epping**, sophomore **Chantell Moody**, and junior **Kacie Eggen** dance during an assembly. The girls learned new moves from Mitchell.

hard work and practice, earned the girls a Division I rating at state.

Along with trying new things and choosing their own styles, the team found inspiration from many different sources. Choreographers **Amber Wood** and **Katie Bainter** helped with much of the state dance routine. Summer dance camps also improved their skills. The girls were even encouraged to give their own input and create their own moves.

inspiration

Junior **Kacie Eggen** added specific parts to some of this year's dances. She and SDS member junior **DeMarcus Mitchell** choreographed a dance with help from Eggen's friend, Lincoln sophomore **Jordan Smith**.

"DeMarcus did half of the dance and then I did the other half," said Eggen. "It helped having friends from my dance classes to help me out, too."

With all of their collaboration, the Steppers became close. They not only performed together but also had group fundraisers and became good friends.

collaboration

"This year the group was really a team. They had a lot of fun and were all willing to work together," said Carrillo.

ump funk stretch steppers dancing kick dedication r

stride teamwork routine exciting jazz performance hip

Looking Back: Quotes & Memories

Heather
Sydney
Pennie
Amanda
Sarah
Abby
Narelle
Mikel

“I loved working with Peter, our choreographer. Our routine pushed us to new levels.”

“When we all got together and huddled before football half times.”

“You would too if you had **THIS** coming at your face!”

“My philosophy of life is...FAKE-ERR!”

“When we hung out at camp and everyone came into my room to use my phone.”

“I'll never let this down, huh?”

“Shut up and give me a back rub!”

“1...2...3... BUTT-SHAKE!”

A tradition continues

Story/Layout by Jorden McGriff

“Size isn't everything,” and the Color Guard proved this phrase to be true. This year's squad included only eight members, yet they continued to build on an already strong foundation of traditions, hard work and dedication.

traditions

“Even though the numbers were down this year, the girls worked the hardest they have ever worked,” said Coach **Michelle Eggleston.**

The Guard put together and performed several routines this year. They coordinated their marching band show in the fall. This year's theme was music by John Williams, which included songs from *Star Wars*, *Jaws*, *ET*, and more.

“Marching band is always a lot of work,” said junior co-captain **Sydney Williams**. “The theme was really fun to work with.”

Their winter routine was performed to the song “Accidentally in Love” by Counting Crows, and was written by Peter Trimble, their choreographer.

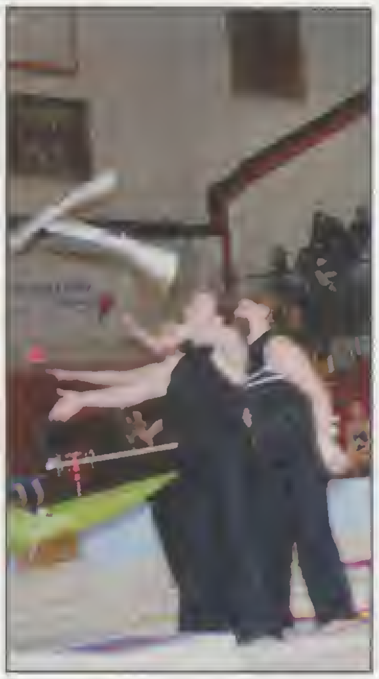
This year's drop in size presented the group with new challenges.

challenges

“It was really difficult during Winter Guard, because we had to work to fill a space meant for 30 people when we only had seven,” said senior co-captain **Heather Alexander**.

The Guard gathers together for a silly picture after the Valley Fest marching band contest in October. The size of the team has given the girls a better opportunity to get to know each other.

Getting ready for practice, senior **Heather Alexander** and sophomores **Pennie Bland**, **Mikel Beem**, **Narelle Buffalo**, and **Amanda Coleman** unroll the floor that they use for performances. The Guard practiced twice a week for several hours after school and dedicated weekend time to working specifically with their choreographer before the ISDTA competition in November.



The Guard performs their state routine during the winter assembly. The girls placed 5th at state and 2nd at the Oskaloosa Invitational.

smile toss color dancing spin dedication lead encoura
ing friendship flags guard exciting smile laugh practi

A tradition anticipated by the Guard is the trip to the Iowa State Dance/Drill Team Association (ISDTA) competition. They took fifth place, at this year's competition, and improved their score by 3 points. By putting in extreme dedication and hard work, they achieved their goal of placing.

competition

"The adrenaline rush when we were done performing at state was so high that it was surreal," said sophomore **Pennie Bland**.

The Guard couldn't have accomplished their goals without hard work and a little money for new uniforms. In addition to practices, they held many fundraisers throughout the year. They raked leaves in the fall, worked concessions at games, and sold tickets for the Younkers Community Day Sale.

"I liked handing out flyers at Younkers," said sophomore **Amanda Coleman**. "We met a lot of people and made money at the same time."

The Color Guard made sure that this season wasn't all work and no play. New members were welcomed this year with a surprise initiation night led by the returning members.

surprise

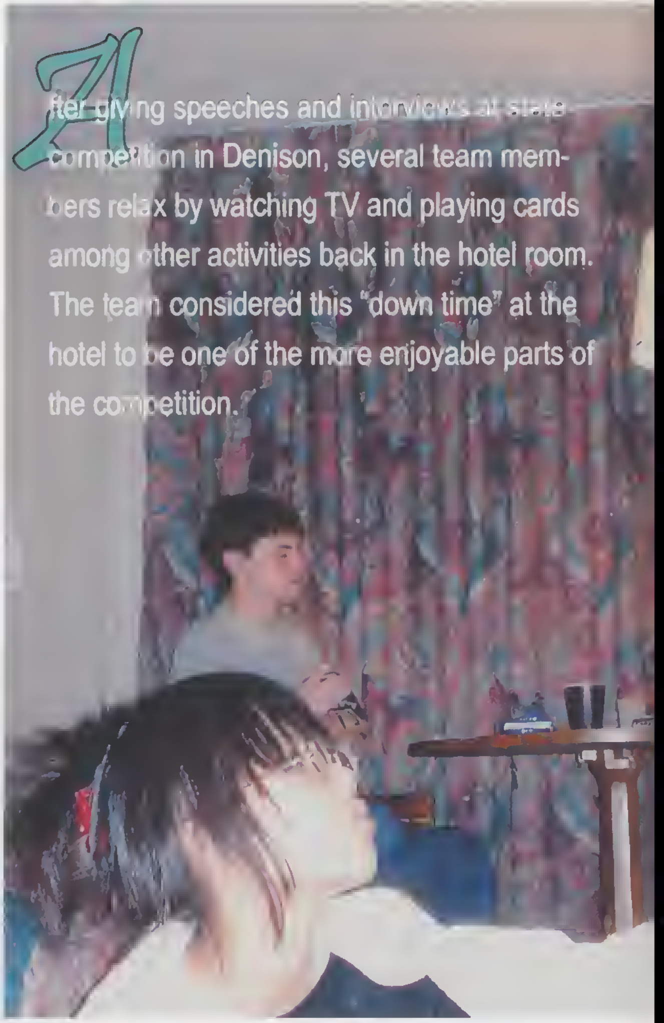
"They came to our houses around midnight, blindfolded us, and took us to stay at someone's house. The next morning they dressed us up in crazy clothes and we went to eat at Perkins. It was really fun and unexpected," said sophomore **Narelle Buffalo**.

What is Academic Decathlon?

The competition itself is difficult to describe. Most team members say about the easiest way to put it is "taking tests for fun".

At the beginning of the season each member is given a stack of materials covering several different areas pertaining to a certain time period: music, art, math, science, literature, economics, and super quiz. The theme for the '05-'06 season was the renaissance so they had to read two of Shakespeare's plays and listen to a CD of period music. In addition they also must write a three and a half minute speech. The team members study the materials over a period of several months while taking practice tests over them against other Des Moines area schools. The school with the highest overall score wins.

In February all of the teams in the state go to their regional competitions where they take 30-50 question tests over art, music, math, science, literature, economics, and super quiz as well as giving their prepared speech, an impromptu speech, and being interviewed by two judges. After all of these tests and events are scored the top twelve scoring small school and large school teams go to state in Denison, IA where this process is repeated and the top team goes to nationals.



After giving speeches and interviews at state competition in Denison, several team members relax by watching TV and playing cards among other activities back in the hotel room. The team considered this "down time" at the hotel to be one of the more enjoyable parts of the competition.

Going out with a bang

Story/Layout by Adam Crane

Academic Decathlon, one of the lesser known competitive teams, despite its success may soon be leaving EHS. A team composed largely of seniors coupled with the possibility of a retiring coach could make the '05-'06 season the last. However, despite the uncertainty of the program's future, the team had one of its most successful seasons.

competition

The current coach, chemistry teacher Maureen Griffin, has been coaching for seven years. She moved up from assistant coach to replace the former coach that retired from teaching in 1999.

"I would really like to retire from coaching and let someone younger take over. Hopefully someone will be willing to fill the position," said Coach **Maureen Griffin**.

Besides facing the loss of a coach, seven of the team's members will be graduating leaving the team with only one member. Replacing that many people would be extremely difficult considering the fact that they could muster only eight people for a team that normally consists of nine.

regionals

Even with the threat of dissolution in the near future the team had one of their most notable seasons placing second at regionals and fifth in the state in addition to winning numerous individual awards and being the only high school in the Des Moines District to place in the top twelve. (Confused about the competition? Refer to the sidebar at top left.)

"As a team we've been steadily improving over the past three or four years. In 2004 we barely made it to state being in 13th place. The only reason we could go is because the team in 12th couldn't go

Left the team relaxes before the oral superquiz round at regionals. This round gave the team a chance to test their knowledge against other schools in more of a gameshow format. Below, senior **Sara Kain** practices an interview with **Jill Downing** of Mid American Energy, East's business partner.

ion testing academic smarts knowledge thinking talki
competition team work decathlon communication sm

so we took their spot," said senior **Sara Kain**.

"This has been without a doubt our best year. This is the highest we've ever placed at regionals," said senior **Melinda Lansing**.

The graduating competitors were somewhat disappointed that it would be the end of what they felt was one of the more unique teams in the state.

"I don't think any other decathlon team can pull off what we do. We spend more time slacking off and goofing around than any other team, but still always manage to consistently do well. I think it helps that we keep the material fun and form close bonds within the team," said Kain.

knowledge

"It's kind of odd that we have so many seniors, but it has been to our advantage because everyone has been on the team for at least two years and a lot of us for three or four," said junior **Thinh Luong**.

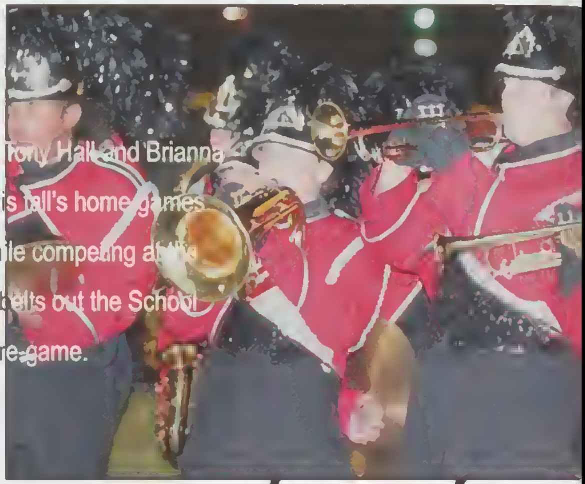
The team regarded this year as one of their best and felt it was a great way to go out despite the fact that it may be the end of Academic Decathlon at EHS.

"I feel I've really represented East well and done my best, I'm just a little disappointed that my brother may not have the same opportunity I did," said senior **Ryan Slinger**.

superquiz

"This competition has been the highlight of my high school years so I am somewhat sad that so many people may not get the opportunity I did," said Kain.

"I've had four years with this team and this has been one of their best. It's a good season to close on and I'm really proud of what they've done," said Griffin.



Clockwise from left: junior Josh Strother, and freshmen Tony Hall and Brianna Robinson march to the beat of *their* drums at one of this fall's home games. Drum major Sarah Rowat keeps the band in tempo while competing at the Valleyfest competion this past October. The horn line belts out the School and Fight song after playing the National Anthem at pre-game.

New director, new beat

Story/Layout by Sydney Williams

“The East High Marching Scarlets may take the field for competition,” says the loud, booming voice over the intercom. Step by step the band forms their first picture on the football field. Counts are shouted and the tempo is set by the drum major. With a burst of sound the band unites on one strong, common note that flows out of 80 instruments in unison. The show has begun.

burst

Each home game last fall, the band was on display.

“Try playing an instrument while marching in step, and hitting all your drill spots at the same time as everyone else in the band. It takes a lot of concentration,” said junior **Jennifer McDaniel**.

Along with tricky steps, and challenging music, the band has yearly shared another challenge: new band directors. This year was no different.

challenge

Senior **David Rogers** said that having a new band director each year has “set the program back rather than brought it forward.”

“It's very confusing,” said sophomore **Stephanie Sorensen**. “You get used to someone and then they leave. It's way hard.”

Despite the struggle, students are pleased with this year's new band director.

“(Chris) Strohmaier is absolutely amazing,” said Rog-

Band Seniors

Mark
Emilie
Jake
Heather
Kate
Sarah
Bryant
Michael
Allison
David

Right: Everyone strikes a pose for their fun picture after the Valleyfest contest. The Marching Scarlets finished 12, increasing their score by 15 points.

ers. "He offers a new perspective which is helpful."

Strohmaier felt that he lead the band in a positive way. He "had a structured way of teaching, but still enjoyed goofing around sometimes."

After the season is over, the band takes a new route and concert band performances round out the year.

"The band is generally stronger during concert band," said Rogers.

stronger

Concert band requires a different mind set to accomplish different goals.

"The music is harder and more challenging," said McDaniel.

"It's a lot more technical," said Rogers. "We know what we're doing and basically just tweak it."

This year the band competed in many competitions for both marching and concert band and had their December concert.

competitions

"I strived to increase my score 10 points higher than last year. Turns out we got 12 points higher!" said senior drum major **Sarah Rowat**.

"Overall, this year went very well," said Strohmaier. "I feel we have made a lot of improvement and laid the ground work for a lot of years to come."

rumpet flute saxaphone marching drill charts clarine

7 a.m. friendship concert commitment band smile ma

Jazz it up.

Story & Layout by Alyssa Heggen

A style of music, native to East, characterized by a strong but flexible rhythmic understructure with solo and ensemble improvisations on basic tunes and chord patterns. To have the willingness to learn new rhythms and the skill to do it right.

skill

Every semester students audition to be in jazz band, performing the music described above. In the audition, jazz band director **Chris Strohmaier** looks "for a person who is willing to work hard and who has the ability to work hard." Only 22 students were selected first semester, although many tried out.

"The seniors are the core to the jazz band," said Strohmaier.

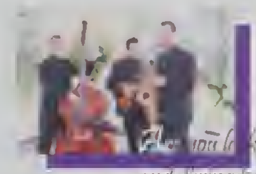
Of the 22 students only five are seniors. They are **Michael Hickman**, **Sarah Rowat**, **Kate Bowman**, **David Rogers**, and **Bryant Lester**.

"We're like a family in Jazz Band and that's what I'm going to miss the most. We spend a lot of time together and it's going to be hard to not come back here next year and see all those familiar faces," said Rogers.

competition

The jazz band does a great job of keeping

The jazz bands of today.



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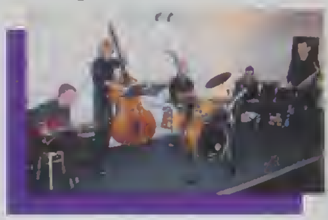

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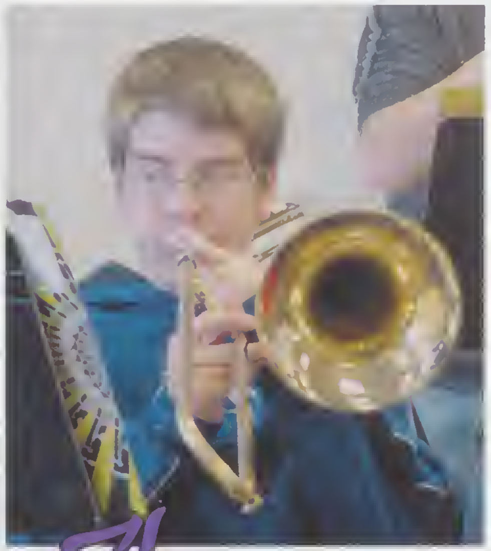
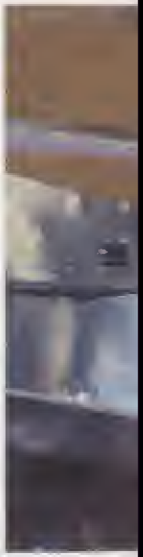
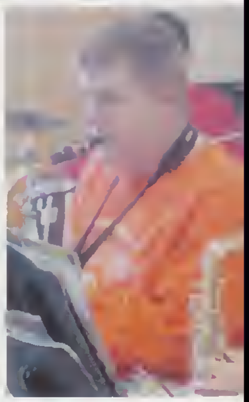




Above, sophomore Carl Stoutenburg plays the trombone. There are four different kinds of saxophones, the tenor, saprano, baritone and alto. These students are playing the three different kinds.



themselves busy. Throughout the year they had more than six events between February and March. Although that may not seem like a lot, it is to the jazz band. The band performed on Des Moines Public Schools Channel 12 this year.

rhythm

"I really anticipated the state competition. We meet so many different people from all schools in Iowa it's really great," said freshman **I'ston Hall**.

The band practiced every morning at 7 a.m, the morning being the only time all the students could be there at the same time. The students also practiced seventh hour, unless their schedule prohibited it.

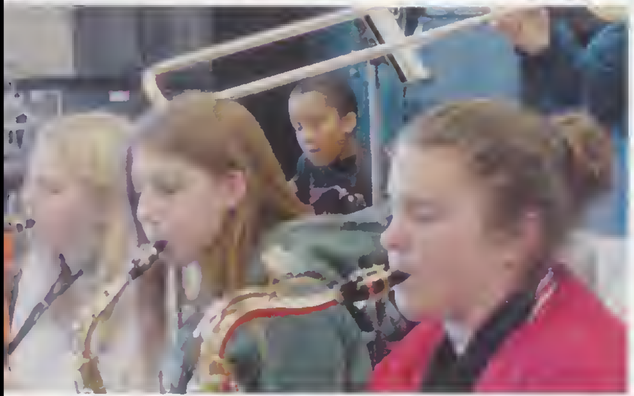
"I've been in jazz band at East for two years now but I've played since sixth grade and love it. It's a really great experience you learn so much and you make so many great friends," said sophomore **Adam Geiger**.

jazz

The band learns about techniques and how to play instruments. Jazz history is also taught, such as jazz's eclipse over ragtime in the 20's.

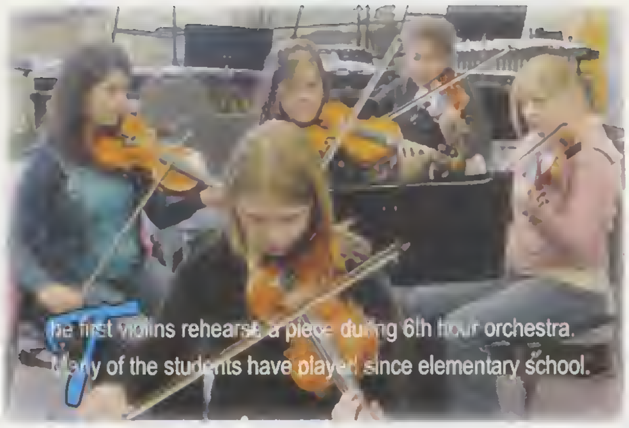
"It takes a lot to be in jazz band, but it's great fun," said Strohmaier.

Drummer Josh Strother helps keep the beat as the band learns a new song.



Sophomore Justin Crone plays the baritone saxophone, he plays the deepest saxophone in the band.

t piano procussion drums rhythm jazz bass flute rifle
ractice band music performance saxophone trombone



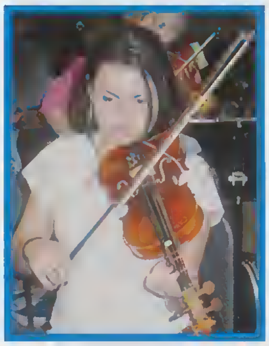
The first violins rehearse a piece during 6th hour orchestra. Many of the students have played since elementary school.

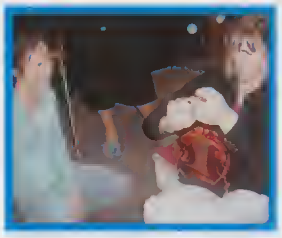
Kortney Stevens plays first violin in the orchestra. Because there are many violins, they are divided into two groups, the first violins and the second violins, each playing different parts.

Junior **Robert Frye** takes a moment to capture a photo at The Garden of the Gods in Colorado. Frye and other orchestra students traveled by charter bus last May with choir and handbell members.

Making the strings sing

Story/Layout By Abby Grover & E'Shayla Kelson





When you hear people mention orchestra, string instruments, classical music, and boring songs composed by Beethoven may come to mind. However, orchestra at East is anything but that.

"The thing that makes orchestra great is the people and the atmosphere. It's not like any other class. It's about hard work, but having fun at the same time," said freshman **Darika Kouangvan.**

talent

Although the orchestra does tend to play a lot of classical music, students this year are playing songs from *Pirates of the Caribbean,* and an old R&B favorite, "Stand by Me."

"I think the music we play is a good variety but I would like it if we played more Irish and fiddle music," said junior **Larry Davis.**

Director **Jennifer Luft** believes exposure to different types of songs helps them to broaden their appreciation for the many styles of music.

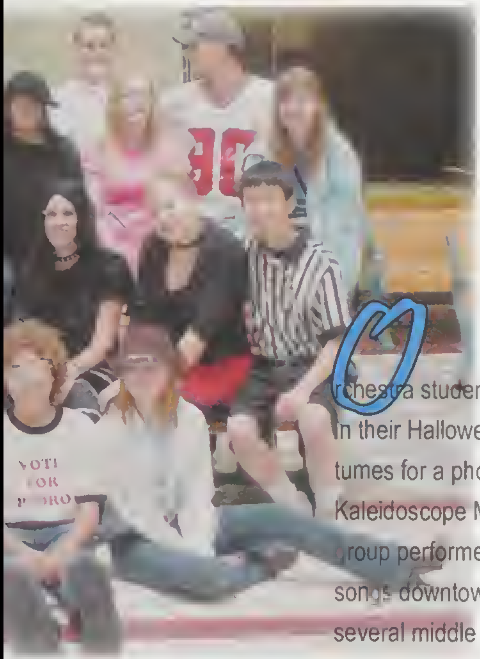
"I teach a variety of music so the kids can be exposed to all kinds of music and not just the music they would normally listen to," said Luft.

The orchestra is also involved with other schools in the community. In the fall, the group performed with other Des Moines high school orchestras at various middle schools and at the Kaleidoscope Mall downtown. In the winter, they also performed at an adult care center and Merle Hay Mall.

unity

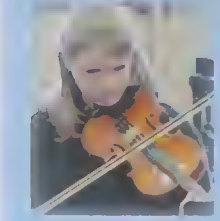
"I enjoy the trips because it gives you a break from the school day and I like to play with the

Senior **David Dorsey** warms up for class by playing "Eine Kleine Nachtmusik" by Mozart. The orchestra played this piece at their concert in March.



Orchestra students gather in their Halloween costumes for a photo at the Kaleidoscope Mall. The group performed spooky songs downtown and at several middle schools.

The 4 Stringed Instruments

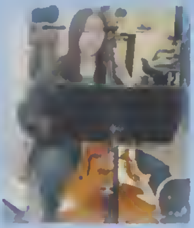


The violin has the soprano voice in the string family. It has a lovely tone that can be soft and expressive or exciting and brilliant.

Violin

The viola has the alto voice in the string family. It is slightly larger than the violin and it is tuned 5 notes lower. It has a darker and warmer tone than the violin.

Viola



The cello is much larger than the viola and violin, and is held between the player's knees. It is a popular instrument because it's played beautifully in both its lower and higher notes.

Cello

The largest and lowest instrument of the string family is the double bass. Because of it's size, the player will either stand or sit on a high stool while playing.

Double Bass

other high schools," said sophomore **Abby Meysenburg.**

Many students in orchestra have their struggles at times. Dedication and practice are required in order to be successful and learn the songs.

"Every instrument has easy and hard things about them. Usually when I play the violin I get frustrated at times because it can get very complicated," said sophomore **Chantell Moody.**

practice

Sophomore **Emma Diver** agrees.

"You've got to have patience when playing instruments like these."

One exciting highlight that occurred this year was sophomore **Gianni Beer** qualifying for the All-State orchestra in Ames.

"I was really excited to make it to All-State and it was a great experience that I've never had before. I was proud to be representing East when there were few Des Moines schools there. It was awesome being around other talented musicians," said Beer.

The orchestra has three big concerts each school year and takes a major trip every two years. In 2005, they traveled by charter bus to Colorado and in 2007 they're planning to go to California. Their last concert of the year was action-themed and it celebrated the year's seniors.

"Being in orchestra through high school was great because I met so many new people and it was always a fun and relaxing class. Orchestra has helped me to grow better as a musician," said senior **Nataleen Sakakhanone.**

performance

tes scales vibrato orchestra viola tuning bass rosin bo
violin technique strings music tonality cello strings pr

Choir Definitions

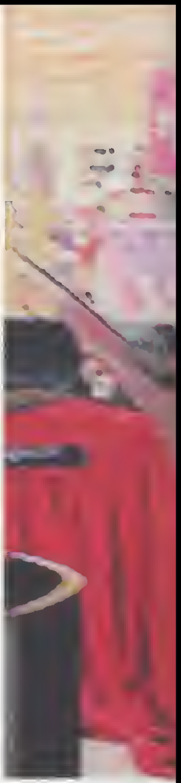
Soprano: The highest female voice

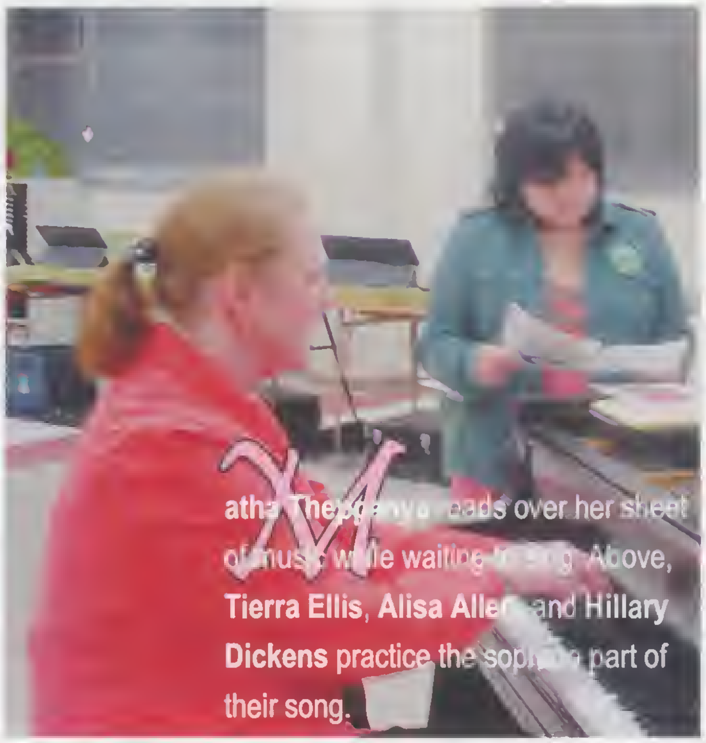
Alto: The lowest female voice

Tenor: The pitch range of the highest male voice

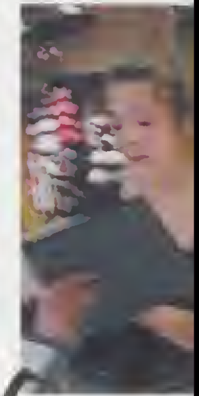
Baritone: The male singing voice that is higher than bass but lower than tenor

Bass: The lowest part of the musical range





Matha The[illegible] reads over her sheet of music while waiting to sing. Above, **Tierra Ellis**, **Alisa Allen** and **Hillary Dickens** practice the soprano part of their song.



A song to remember

Story/Layout by Stephanie Halferty

For those few exceptionally good singers that can also read music and don't mind wearing red robes, Chamber Choir might just be the perfect thing.

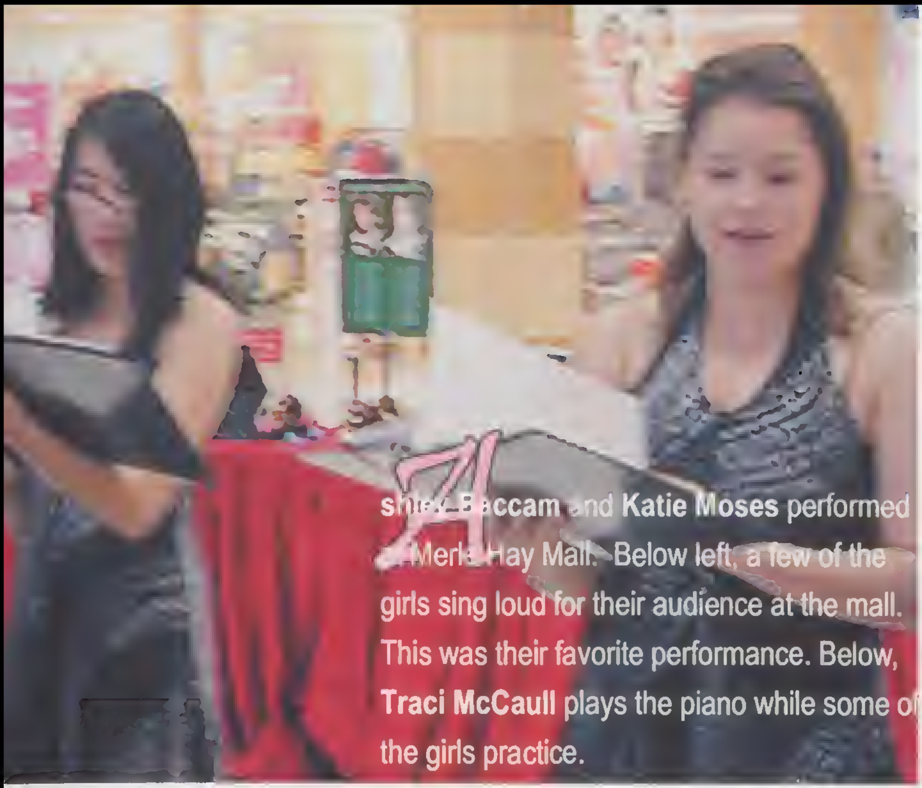
"There are many different types of choir, but Chamber Choir is one of the most challenging ones to get into," said choir teacher **Traci McCaull**.

Chamber Choir preformed for many different audiences. They toured Hoyt, Goodrell, Hiatt, and Weeks Middle schools. They also traveled around the Des Moines area and per formed at numerous places like community centers and businesses. One of the students' favorite places to perform was Merle Hay Mall.

"I loved going to Merle Hay. After we were done performing we got to go shopping and just hang out there for the day," said junior **Katie Moses**.

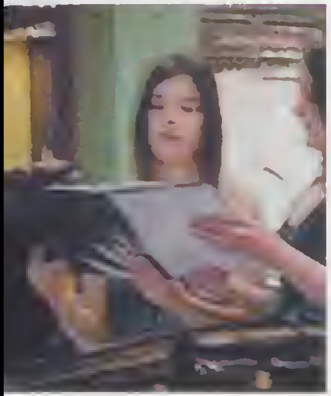
"We didn't have much of an audience but for those who were there I think they got a great show," said sophomore **Alisa Allen**.

There were a few minor changes this year. The biggest change was that the practices



Ashley Baccam and **Katie Moses** performed at Merle Hay Mall. Below left, a few of the girls sing loud for their audience at the mall. This was their favorite performance. Below, **Traci McCaull** plays the piano while some of the girls practice.

Below, **Katie Moses** practices for their next concert. Practices were held every Monday at 6:45.



were moved to before and after school instead of during school. Morning practices met at 6:45 and afternoon practices met at three.

"The change of practices didn't really affect us much because we are all very committed to the program. The students just didn't care for the morning practices that much," said McCaull.

"Meeting in the morning meant I had to get up earlier then normal. That's the only part I didn't really like," said senior **Ashley Baccam**.

As a small group of ten girls, they get a lot more down in a shorter amount of time.

"It was fun being all girls, but every once in awhile it would have been nice to have some guys in there too to mix things up a bit," said Moses.

"It would have been nice to have some guys this year, but we made it work with what we had," said McCaull.

sic alto sopranos measure chamber sing smile treble
eat measures note robes practice choir song baratone

Below, Show Choir students go through their dance routines before class. This is the first year that Show Choir was a class during the day.

The 9th grade show choir performs at Goodrell Middle School. This year was the first year 9th graders had their own choir.

The Show Choir group poses for a quick picture after their performance at Merle Hay Mall.

Dancing to a tune

Story/Layout by Jami Bowen

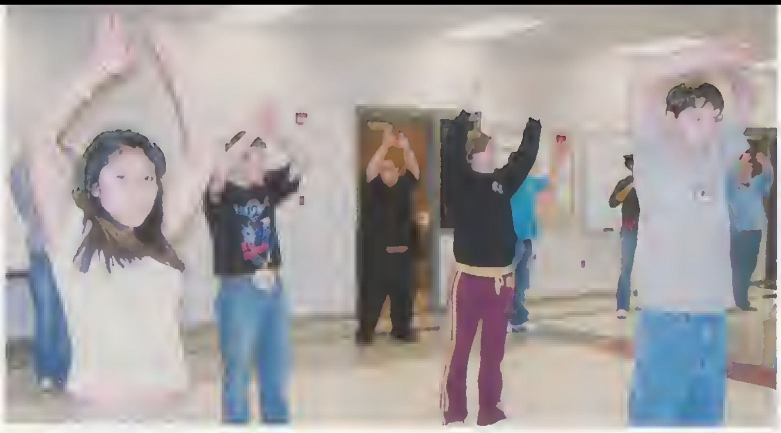
The East High Show Choir nervously lines up and gets into their starting poses. The girls have their dancing heels on, their dresses tied, and the boys are looking spiffy. They have huge smiles on their faces as the curtain goes up; there is no turning back now. They all look anxiously out into the audience as they concentrate on what their first note will be and which foot they should step with. They have been preparing for this performance for weeks. All of their dedication and countless rehearsals comes down to this. This is an example of the pressures of being in the Choir. Show Choir isn't all stressful though.

dedication

"I really like Show Choir, it's a lot better than it was last year," said junior **Rachel Olsen**.

The group has made a lot of improvements, which was new to East as of last year. Last year, practices were held before school which caused a lot of problems due to people not committing to getting up early. Now there is a whole class period devoted to it. They learn the songs and dance routines which makes things a lot easier said Choir teacher, **Traci McCaull**.

improvements



Above, Show Choir students smile as they practice before an upcoming performance.

"I like Show choir better this year because its during the day so I don't have to worry about getting up in the morning and we do more 'pop' music, that people our age would enjoy. Plus our dance routines are a lot better because we hired a professional choreographer," said sophomore **Jamie Belcher**.

Not only did they change the time of practices and hire a choreographer to improve dancing, but this year there was a major difference and that was the fact that this year the Choir has boys.

"I was excited and impressed with the turnout this year, it was way better then last year and the fact that we actually had talented boys was a huge plus," said McCaull.

Not just anyone can be accepted into the class. Each member has to try out. Being strong in singing, dancing, and being willing to learn while having fun is what it takes to make it in the Choir.

Show Choir has big plans for next year and hopes to compete nationally.

"I am really excited for next year," said freshman **Randy Tharp**.

sopranos show dancing beat measures music singing
routines baritones smile altos choir harmony songs

The best, hands down

Story/Layout by Karen Sawhill

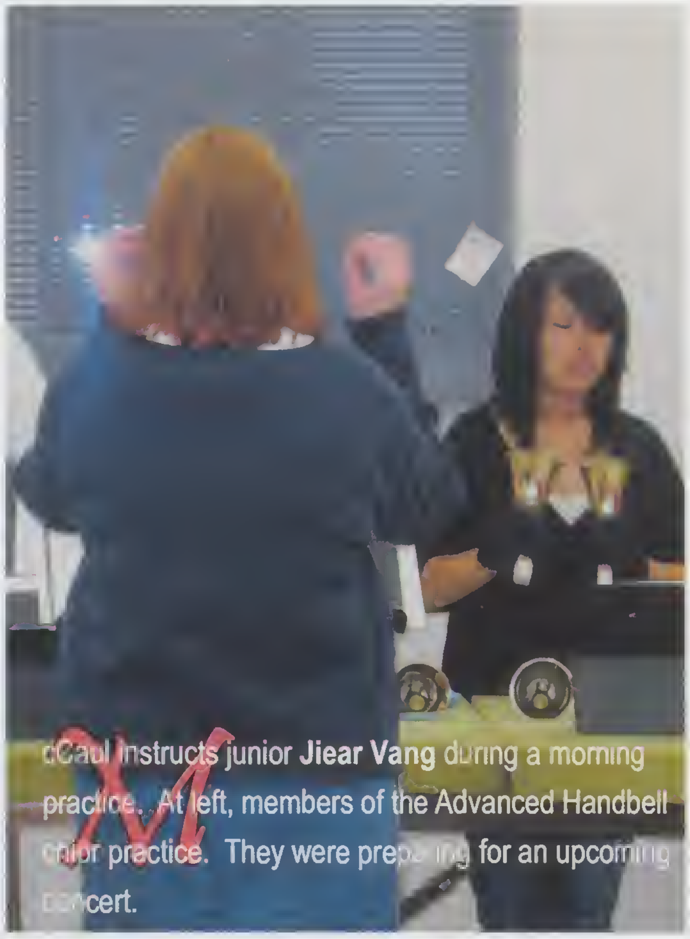
Imagine waking up at 5 a.m., to take a shower, get dressed, catch up on homework, and be at school by 6:45 a.m. three times a week. Now you are in the life of a member of the EHS handbell choir. Despite the fact of waking up early, many think that it's worth it.

"I have been involved in handbells since I was in eighth grade and I love it. I wouldn't let sleep get in the way of that," said senior **Erin Johnson**.

Over the past two years, since teacher **Traci McCaull**'s arrival at East, the program has thrived. There used to only be one choir, but this year there were two, Advanced Handbells and Bells II.

"I am thrilled that there are so many kids interested in this program, I have many plans for them," said McCaull.

The past two years have been busy and productive for the choir. Last spring they took a trip with the orchestra to Colorado to perform at the



McCaul instructs junior **Jiear Vang** during a morning practice. At left, members of the Advanced Handbell choir practice. They were preparing for an upcoming concert.

Garden of the Gods and tour Denver. Many enjoyed this experience and felt as if it was a reward for all their hard work.

"Denver was awesome, it was fun and we all became better friends," said Johnson.

performance

This year the choir had many performances that were held at the school, the airport, and even at the school districts, Channel 12 station, where they were filmed and received some air time. This year there were two very special performances that took place at Mercy Hospital and Hamilton's Funeral Home. The choir performed for Compassionate Friends, a nation-wide event that assists families in grieving over the death of a child.

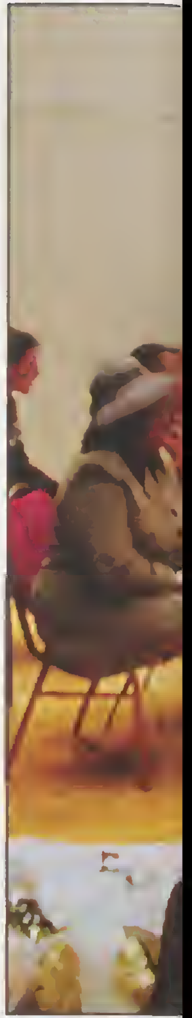
dedication

"Performing there was a great experience. It was sad that the family lost a loved one, but it was touching that we could help out the families," said senior **Seashia Vang**. She also added, "I was glad we got the opportunity to help out a good cause."

At left, members of the EHS hand bell choir take time out from a performance in Denver to pose for a quick picture. Above, the handbell choir performes at the Garden of the Gods in Denver, Colorado.They raised money for the trip by selling candy.

ng notes helping hand laughing preforming dedicat
cicing friendship commitment bells exciting smile lau

Below, students "ride the bus" at Simpson College. Below right, students "mourn" after the assassination of Dr. M.L. King. At right, students practice their performance over and over to make everything perfect for the next performance.



Voices of acceptance

Story/Layout by Katie Grimm

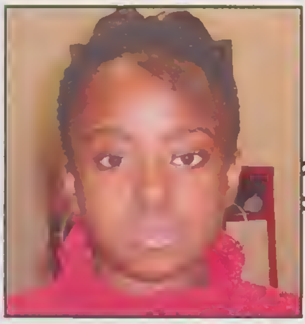
Have you ever had to deal with the racism and/or being different? This could be everyday discrimination, not being accepted for who you are, or ridiculed because you "look funny." **Ruth Ann Gaines**, and her period three Theater Arts class known as Voices of Change, travel around Iowa and perform skits and plays showing how to deal with these situations.

The main focus of their performances this year was acceptance of diversity. Usually there would be many different main focuses, but they chose to do only one this year, the one with the most problems.

"It started off with racial tension here 10 years ago and there are still problems," said Gaines.

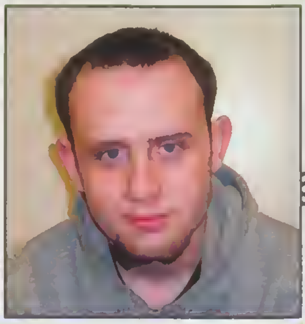
Unlike the other years, they are doing a play rather than a bunch of skits. The play they're focusing on this year is *Rosa Parks Speaks,* written by Gaines herself. The play takes place back in 1955, when Parks refused to give a white man her seat on the bus. It then goes through how the Civil Rights Movement started, what everyone was going through, and Dr. Martin Luther King's speeches.

"Just for a change," said Gaines, about why they're

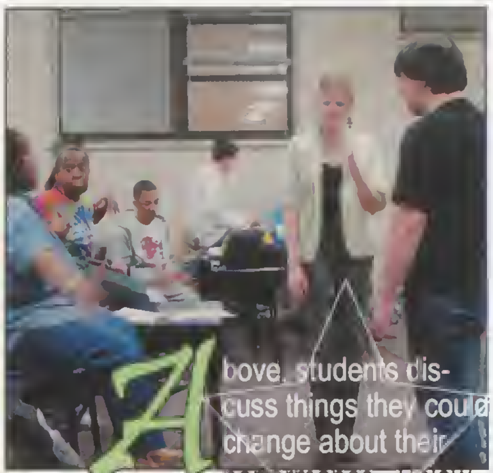


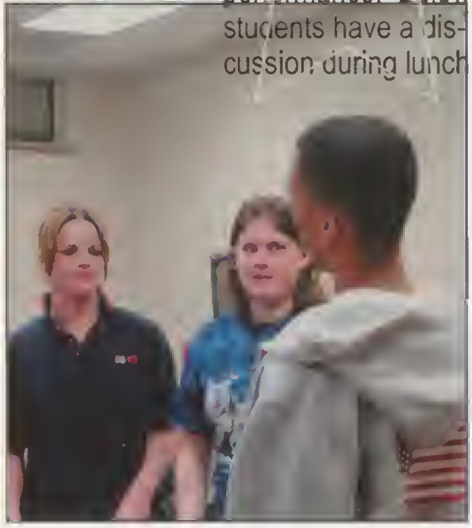
Nefatari Carson played **Rosa Parks**

Darron Haygood played **Dr. Martin Luther King**



The group sits and laughs as they are asked questions at Simpson College. People often want to know what being in this play does to them as a person.





Above, students discuss things they could change about their performance. Below, students have a discussion during lunch.

doing a play instead of skits.

Parks was played by sophomore **Nefatari Carson**, King was played by senior **Darron Haygood**, and "the white man" was played by senior **Tommy Thompson**. Sophomore **Cherelle Evans** sang at points throughout their performance.

"I guess it has affected the way I see things. It brought me back to the way people were treated back then," said Carson.

The group did performances outside of East as well.

At the end of January the group went to Des Moines University (DMU) to perform for anyone there who had a free lunch period and wanted to come watch.

DMU said that they were happy to have the group there and they were moved by their performance. **Gina Strickland** said she was "tearing up and had goose bumps many times."

On February 14, the group went to Simpson College to perform for a group of students studying to be teachers, and afterwards the group had many questions to answer.

For example, how has being in this play affected how you look at things?

"Being in this play opened my mind to different things that happened back then. I can see what all the people had to go through," said Carson.

cooperation

teamwork

Tommy Thompson
played
"The White Man"

Other students in the play were: Amanda Conyers; Morrigan Evans; Mary Ferrell; Michael Garrison; Bryan Gomez; Cody Haltman; Amanda Harmon; Michael Harmsen; Tessa Hartman; Sarah Johnson; Sarah McFarland; Malory Murphy; Channing Quinn; Andrew White; Mike Teasley; Victoria West; Brayden Murray; and Cherelle Evans.

acceptance of diversity voices practice making a differ
patience of racism speaking role-modeling change sk

Training to succeed

Story/Layout by Hoang Nguyen

Would you like to have a job that pays up to $8 an hour where you can also study? Is there an organization that gives you the opportunity to earn four free DMACC credits? Do you know any other ways to prepare for a business career while in high school? Well, you can get the answers for all these questions by joining Business Professionals of America.

professionalism

BPA is a club where students take courses in high school to prepare for the business career field.

"It's a great program that gets students ready, so they won't be blind-sighted by the business world," said sponsor **Mary Jane Kaldenberg**.

A major part of being in BPA is office training. They achieve this by signing up for Coop education at release time. The office job trains them with computer word processing, accounting, and people skills. Plus, the job lets them get in a little bit of studying time.

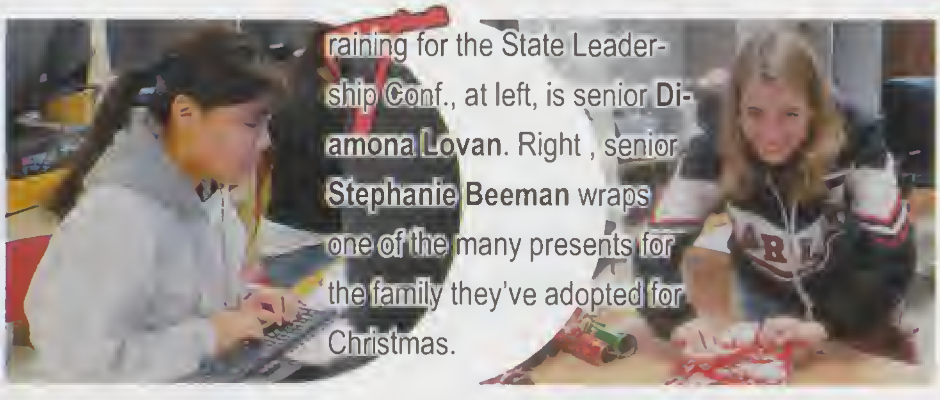
"I work at Mid-American where I file papers and do payroll," said junior **Jessica Khammany**. "It gives me a good opportunity for office experience."

Every year BPA participates in annual events and competitions that test their skills against other schools. At the Fall Leadership Conference, 400 students from around the state elect officers for state and listen to a speaker talk

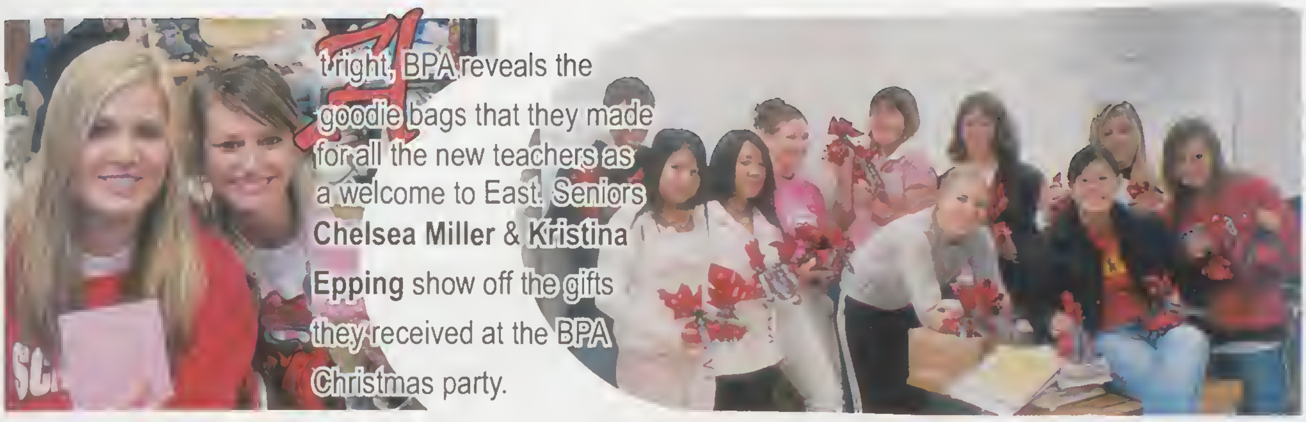
dependability

Grand Rewards

- Money!!!
- FREE DMACC credits
- DSM Public Schools credit
- 17 Special Recognition Awards for individual/team achievement



Training for the State Leadership Conf., at left, is senior **Diamona Lovan**. Right, senior **Stephanie Beeman** wraps one of the many presents for the family they've adopted for Christmas.



At right, BPA reveals the goodie bags that they made for all the new teachers as a welcome to East. Seniors **Chelsea Miller & Kristina Epping** show off the gifts they received at the BPA Christmas party.

about leadership.

From February 26-28, the State Leadership Conference took place at DMACC-Ankeny campus, Ankeny Highschool and at the Holiday Inn. BPA members competed in four different business competitions like Keyboarding and Admin. Supports Concepts. State and National Leadership participation is a "highlight experience for members," including travel, sight-seeing, and making new friends.

leaders

"I'm hoping that I can concentrate hard enough in the State Leadership Conference," said senior Amber **Stewart**. "I'm going to use my 2 years of training in BPA to place in my contests."

While BPA members take business courses, work at their coop job for 15-25 hours per week, they also help out in the community by helping an unfortunate family for Christmas.

Junior and 1st year member **Mary Son** said, "My favorite was when we adopted a family for Christmas."

competition

Kaldenberg says that new recruitments are needed and that she's "looking for new, bright talent" in the coming years.

Proud of the hard work they've done with wrapping presents, BPA delivered these gifts to an adopted family.

Members of BPA hold up a sign at the Fall Leadership Conference at the Sheraton Four Points Hotel in Des Moines.

work study college business job credit leadership pre
pare professionals dedication office america training

Scarlet Organizations

VARSITY CHEERLEADING

Front Row: Sharmaine Lee, Alyssa Heggen. Row 2: Whitney Kelly, Christina Tharp, Nikki Rohbins, Paige Stock, Lacey Bergen. Row 3: Nickie Freel, Natasha Mendenhall, Meagan Mangra, Jenna Crum, Mallory Johnson, Kayse Barker, Brittney Robhins. Back Row: Jerrica Amerison, Stephanie Chubb, Katelyn DeHaan, Meredith Breton, Kylee Woods, Mindy Carey, Addison Speck, Samantha Waters, Nicole Rayman.

STEPPERS

Front Row: Kristina Epping, Kacie Eggen. Row 2: Rachael Schwartztrauber, Chantell Moody, Shelby Eckhardt. Back Row: Hillary Dickens, Stephanie Rangel, Brittani Weighman. Not Pictured: Genesis Beltran.

SOPHOMORE CHEERLEADING

Front Row: Jessica Wissle[illegible], Mackie Phengsitoun, Kesi McCuen, M[illegible] Sayre, Mackenzie Schmitt, Brittany O'De[illegible], Heidi Ho[illegible]. Back Row: Allie Ring, Emily Ellenwood, Ashley Kasper, Jo[illegible] Thompson, Mattison Sellers, Jenny Sullivan, Je[illegible]a Bowen

FRESHMAN CHEERLEADING

Front Row: Ashley Gogerty, Molly McCuddin, Lois Lewis, Katelynn Tappan. Back Row: LaRissa Connett, Kaydie Boyd, Michele Cory, Heather Seward, Lacey Woltz.

COLOR GUARD

Front Row: Heather Alexander (capt.), Sydney Williams (capt.), Sarah Strock. Row 2: Mikel Beem, Abigail Dawson. Back Row: Narelle Buffalo, Pennie Bland-Powell, Amanda Coleman.

FRESH AIR

Front Row: Emily Mullen, [illegible] [illegible], [illegible] Crystal Wee[illegible]ner, [illegible] Bougher, Christine [illegible]. Back Row: [illegible] Gogerty, Katie Price, Meleah Patterson, Liz Godoy, Aveda Sand[illegible], Joanna Peters, Kristen Davies.

CHAMBER CHOIR

Front Row: Tierra Ellis, Ashley Baccam, Katie Moses, Amanda Conyers. Back Row: Christina Her, Alisa Allen, Hillary Dickens.

ROCK IN PREVENTION

Aaron Baker, Dan Bowman, Devonta Brown, Michael Carolus, Tamara Clark, Ashley Collins, Aaron DeGoey, Tiffany Elliott, Morrigan Evans, Cody Gordon, Roman Gregg, Christine Her, Elizabeth Holmes, Jessica Jones, Andrew Kingery, Ka Lee, Shikha Parsai, Chelsea Rehms, Calab Rustan, Mykeal Shade, Angel Smith, Tanis Sotelo, LaTisha Streeper, Jennie Stogdill, Christina Tharp, Robert Walker.

DON'T MESS WITH
EHS BAND

SYMPHONIC BAND

Flute: Kristen Davies, Sarah Johnson, Jenna McDaniel, Sarah Rowat, Stephanie Sorensen, Jennie Stogdill, Ashley Van Gorp. *Oboe*: Allie Ring. *Clarient*: Heather Alexander, Jacob Bailiff, Kate Bauman, Faith Burnet*, Johnica Hudson, Michelle Jackson, Sarah Lown, Mark Mendenhall, Britney Stilson, Katie Woods. *Bass Clarinet*: Michael Davidson. *Alto Saxophone*: Stacey Anderson, Jennifer Chang, Michael Hickman, Megan Thurmond, Ethan Van'Helten. *Tenor Saxophone*: Justin Crone, Zac Mitchell. *Flugleborn*: Morgan Bush, Charles Hughes, Trista Johnson, Bobby Starace. *Trumpet*: Jake Atkins, Stewart Hall, Josh Lyon, Stephen Nutt, David Rodgers, Nathan Schnoebelen, Trent Smith, Bobby Young. *Trombone*: Eric Bason, Amanda Bellis, Andre Johnson, Travis Stewart, Carl Stoutenburg, Travis Tutje. *Baritone*: Matt Drew, Michael Olson, John Whiteman. *Tuba*: Adam Geiger. *String Bass*: Jacinda Woods. *Percussion*: Tyler Bemis, Jesse Drake, Tony Hall, Bryant Lester, Sarah McFarland, Brianna Robinson, Josh Strother, Robert Van Weelden.

PREP CHOIR

Front Row: Ashley Hastings, Erin Smith, Sara Ladd, Kaydie Boyd, Meribeth Mullin, Alyssa Betts. Row 2: Rebecca Clay, Casie Stone, Bobby Sysombath, James Robinson, Kyle Rowe, Courtney Bozman, Sammie Beal. Back Row: Heather Wright, Chasity Ellis, Brooke Wade, Christina DeMoss, Michael Wood, Angel Decker, Tram Do, Andrea Campbell, Jordan Petrie. Not Pictured: Lori McGee.

Scarlet Organizations

SPRING MUSICAL

Front Row: Dionna Langford, Tina Spagnola, Amanda Conyers, Katie Moses, Ashley Baccam, Nuong Nguyen, Hillary Dickens. Row 2: Christina DeMoss, Chris Williams, Bill Sowder, Michael Garrison, Rachel Alexander, Kristen Davies, Bobby Starace, Pennie Bland, Austin Locke, Amanda Coleman. Back Row: David Rodgers.

SENIOR BOARD

Front Row: Michael Hickman, Cody Wren, Sarah Rowat, Cody Holam, Heather Alexander, Angie Lin, Sarah Strock. Row 2: Kashif Carson, Tiffany Brown, Deana Grooms, Melanie Woltz, Nicole Freel, Valerie Koe, Beth Mayes, Megan Mangra, Dania Hockett, Genesis Beltram, Row 3: Eric Howser, Aaron Thomas, Samantha Waters, Jenna Doty, Meredith Breton, Chris Watland, Sunny Bounyaloth, Justin Denham, Danny Phomisay, Melinda Lansing, Row 4: Matt Grochala, Stephanie Chubb, Katelyn Dehaan, Jacob Opal, John Wells, Kate Bauman. Back Row: Mallory Johnson, Nick Eaton, Kyle Thompson, Royce Phillips, Amanda Zust, Darron Haygood, David Rogers.

LIBRARY AIDES

Front Row: Jeneca Terry, LaQue[illegible] Calderon, Kristy Sa[illegible]nt, Amanda Smith. Row 2: Jennifer Jones, Holly Russell, Elyssa Fatono. Row 3: Amber Stewart, Marguerite Moore, Lareca Clark, Kristi Keller. Row 4: Mike Shimer, Elvis Bartley, Kerrie Gruw[illegible]. Row 5: Aaron Benbeneck, Matt Holt, Chen Huang. Not Pictured: Andrea Campbell, Cherelle Evans, Chitasath Saenvong, Corey Massey.

TAE KWON DO

Front Row: Sarah McFarland, Amanda Bellis, Megan Lloyd, Heather Atchinson. Back Row: Robert Walker, Tamara Clark, Brenda Khanthavongsa, Bresha Little, Jacob Enochs. Not Pictured: Becca Phillips, Sarah Oppe, Mallory Smith.

CLASS OFFICERS

President Chris Watland, Treasurer Sunny Bounyaloth, Vice-President Meredith Breton, Secretary Jenna Doty.

ART CLUB

Front Row: Mykeal Shade, Morgan Roland. Back Row: [illegible] Norvell, Victoria West, Whitney Smith, Brooke Wade. Not Pictured: Belinda Stigler, Kyle Rowe, Catherine Berst, Jessica Patterson.

HAND BELLS

Front Row: Samantha Gagle, Erin Johnson, Seashia Vang, Shara VanWeelden, Rachel Olson. Back Row: Jiear Vang, Stacy Anderson, Rob VanWeelden, Rachel Alexander, Amber Harwick-Schories

BELLS II

Front Row: Brooke Wade, Chauncy Skeffington, Andrea Campbell, Jessica Patterson, Shawna Wilson. Row 2: Stacey Anderson, Courtney Bozman, Kristina Denin. Back Row: NaiPong Vang, Christine Cassill, Kristen Davies.

SCARLET SINGERS

SCARLET SINGERS (Show Choir I). Front Row: Jessica Nelson, Jennifer Brown, JaRae Shelton, Ashley Baccam, Amanda Conyers. Row 2: Tierra Ellis, Tina Spagnola, Jamie Belcher, Randy Tharp, Jay Tillotson, Susana Monetti, Brittany Hamilton, Amanda Coleman. Back Row: Rachel Olson, Justin Duckworth, Chris Huynh, Ryan Fitzgerald, Katie Moses.

NATIONAL HONOR SOCIETY

NATIONAL HONOR SOCIETY. Ashley Baccam, Sunny Bounyalath, Meredith Breton, Randy Chanthavong, Devon Cipperley, Rachel Diver, Denise Drayton, Amy Flaherty, Lacy Flaherty, Hannah Grimm, Abigail Grover, Daniya Hackett, Michael Hickman, Erin Johnson, Mallory Johnson, Jessica Khammany, Melinda Lansing, Angie Lin, Thinh Luong, Anna McCourt, Karissa Morton, Zachary Reese, Ryan Remus, Sarah Rowat, Nataleen Sakakhanone, Karen Sawhill, Kelli Sawhill, Chirasath Saenvong, JaRae Shelton, Ryan Slinger, Allison Smith, Christian Smith, Trenton Smith, Amy Tarr, Jiear Vang, Seashia Vang, Lindley Warren, Sydney Williams.

Scarlet Organizations

ACADEMIC TOP 3%

Ashley Baccam, Sunny Bounyalath, Meredith Breton, Danielle Cannon, Randy Chanthavong, Jenna Doty, Michael Hickman, Melinda Lansing, Qing Lin, Lindley Warren. Not Pictured: Nilam Amrutlal, Julia Baray, Rachel Diver, Lucas Griffith, Dania Hackett, Mallory Johnson, Anna McCourt, Jessica Nelson, Nichole Parnell, Kelli Sawhill, Ryan Slinger.

I-JAG

9th Grade: Nicole Andreano, Jaleesa Beechum, Latifah Camp, Emily Colvert, Josh Cunningham, Neli Dobson, Juliann Drake, Miranda Henderson, Ariel Jetty, Sadie Lord, Ashly Peavey, Elizabeth Richardson, Michael Robb, Brittany Scanlon, Shandy Sisamouth, Marcus Smith. 10th Grade: Alisa Allen, Sasha Belieu, Cody Bowers, Katie Bernardino, Devonta Brown, Mario Canizales, Devin Carter, Kirk Carter, Lyn Chan, Tyler Chumbley, Hillary Dickens, Claudia Estrada, Alondra Gonzalez, Taurean Forbush, Latasha Hall, Jonathan Howard, Amber Huggins, Audri Lu, Kayla Madison, Yolanda Marquez, Luis Mata, Jasmine Ruiz, Casey Turner, Mariana Valdez, Robert Waddell, Chelsea Wilson, Adam Wolf. 11th Grade: Evelyn Chavez, Carl Dillion, Deairess English, Andrea Green, Leslie Hill, Rebecca Mallett, De'Marcus Mitchell, Marguerite Moore, Elena Ramirez, Ronnie Robinson, Brandy Sisamouth, Mallory Smith, Brooke Van Gundy, Anais Vega-Rocha. 12th Grade: Grisel Barron, Taylie Brayman, Chaiwineca Brown, Tiffanie Brown, Mindy Carey, Kashif Carson, Tamara Clark, Melissa Coleman, Kristina Epping, Jennifer Grimes, Jennifer Grove, Kennaye Grutel, Nate Harvey, Sassy Lamay, Kathy Leoth, Ashley Miller, Chelsea Miller, Robert Mitchell, Jemini Patel, Skye Pettijohn, Johnson Phanouvong, Denny Ratsakanh, Daniel Raya, Lakesha Stigler, Vanessa Vega, Jacob Vincent, Tomecka Walton, Lateka Wright, Paoge Xiong.

ACADEMIC TOP 15%

Anthony Calvillo, [illegible] C[illegible], Aaron C[illegible], [illegible] DeHaan, Justin Denham, Aaron D[illegible], [illegible] Feel, Matthew Go[illegible], C[illegible] Hatfield, [illegible] Hughes, Cristina Jimenez, [illegible] Kim, Sharmone Lee, Tracey L[illegible], [illegible] Mc[illegible], [illegible] Lisbeth Montesinos, Jacob Ope[illegible], Zachary R[illegible], [illegible] Sarah Rowat, Nat[illegible], Sarah [illegible], [illegible] Sawhill, [illegible] Jamie Shelton, Joseph S[illegible], A[illegible] Smith, Sandra Soto, [illegible] Stepien, Kyle Thomson, Dana [illegible]over, Gregory Zubi[illegible], [illegible] Zeist.

MOCK TRIAL

Christina Bailey, Trista Johnson, Andre Johnson, Naly Bounyalath, Angie Lin, Coach Richard Safris. Not Pictured: Sunny Bounyalath, Jennifer Chang, Quin Lin.

EXCHANGE STUDENTS

Liana Mkhativari (Republic of Georgia), Stefan Lange (Denmark), Iryna Kot (Ukraine).

CONCERT CHOIR

Front Row: [illegible] Sponsor [illegible] Row 2: [illegible] Brown, Thomas Neal. Row 3: [illegible] Rachel Olsen, [illegible] Clark, [illegible] Ducksworth, [illegible] Not Pictured: [illegible] Marcel Castro, [illegible] Hamilton, Darren Haygood, [illegible] Shelton, [illegible]

FRENCH CLUB

Front Row: Samantha Scott, Sponsor Amanda Fimers, Brianna Usovsky, Hannah Grimm. Not Pictured. Dani Scott, Kashif Carson, Amanda Croy, Jerilyn Dudley, Liana Mhatvari, Jessica Avant, Nikki Ellis, Nefatari Carson, Kristina Wolff, Shawn Nelson.

SPANISH CLUB

Front Row: Alyssa Mounphoxay, Christine Her, Amanda Bellis, Sarah Lown, Marylee Adams. Back Row: Sponsor Sarah Waughn, Andrea Campbell, Amy Parker, Kenneth Mosby, Narelle Buffalo, Kylee Woods, Sponsor Linnae Morris, Shikha Parsai. Not Pictured: Ashley Hughes, Tiara Mays, Jade Manning, Elgin Smiley, Myzsaa Norvell.

ORCHESTRA

Front Row: Pa Vang, Mandy Baumgardner, Ceci Robles, Jade Manning, Chantell Moody, Alyssa Mounphoxay, Darika Kouangvan, Karlie Stevens. Row 2: Director Jennifer Luft, Aginda Lu, Hoang Nguyen, Ashley Hughes, Abigail Grover, Abby Meysenburg, Sharde Manson, Sharda'ne Manson. Back Row: Jacinda Woods, Shantall Diaz-Colunga, Hannah McKeever, David Dorsey, Jeff Moore, Robert Frye, Larry Davis, Johnny Wentland, Nataleen Sakakhanone, Kortney Stevens. Not Pictured: Gianni Beer, Mary Davis, Emma Diver, Rachel Diver, Naly Bounyalath, Shawna Wilson, Kristina Denin.

JAZZ ENSEMBLE

Front Row: Justin Crone, Michael Hickman, Ashley Van Gorp, Sarah Rowat, Jennifer McDaniel, Kate Bauman. Row 2: Director Chris Strohmaier, Tony Hall, Carl Stoutenburg, Amanda Bellis, John Whiteman, Adam Geiger, Josh Strother, Bryant Lester. Back Row: Jacinda Woods, T'Ston Hall, Morgan Bush, Trent Smith, David Rogers, Trista Johnson, Bobby Starace, Ben Chappell. Not Pictured: Michael Harmsen.

Scarlet Organizations

QUILL STAFF

Front Row: Karen Sawhill, Samantha Waters, Nicole Mowery, Matt Grochala. Row 2: Hoang Nguyen, Katie Sturtz, Jennifer Harmon, Deana Grooms, Nicole Freel, Alyssa Heggen. Back Row: Abigail Grover, Paige Stock, Christian Smith, Jami Bowen, Sydney Williams, Stephanie Halferty, Chris Piatt, Greg Zubulake, Adam Crane, Meredith Breton.

SCROLL STAFF

Front Row: Janice Bitters, Randy Chanthavong. Row 2: Danielle Cannon, Chaney Crabb, Sarah Perkins, Ashley Hughes, Alicia Weinman. Back Row: Austin Draude, Jacquelyn Hethershaw, Samantha Gagle, Darcey Spencer, Amy Van Gundy, Jaimie Rowe, Rachel Diver.

NEW HORIZONS PROGRAM

NEW HORIZONS

Jarnea Amerison, Edward Brooks, Devonta [illegible] Cedric [illegible] [illegible] Dudley [illegible] [illegible] Fano, H[illegible] [illegible] Hasting, Sidney Hill, [illegible] King, [illegible] Larue, [illegible] [illegible] Martin, Fortune McOhane, [illegible] M[illegible], Matthew Norton, Nwokoma Pareek, Ben Peterson, Virginia [illegible] Ariel Rockey, Justin Shipley, C[illegible] Smith, Kiaw[illegible]na Smith, Matthew Smith, Vanessa Smith, Marcetti Sommer, Darcey Spencer, Lakesha Stuter, Paige Stock, Janessa Terry, Marina Theppanya, Vanessa Vega, Alicia Weinman, Shawn Williams, Alex Wilson, Chelsea Wilson, Kennesha Woods

IHSSA

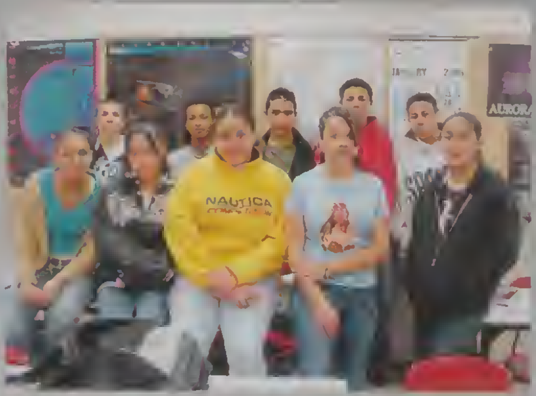
Front Row: Katie Moses, Ashley Baccam, Genesis Beltran, Jessica Avant. Back Row: Melinda Lansing, Raymen Robinson, Austin Locke.

PROJECT SEWING

Front Row: Tanisha Madison, Sandee Smith. Back Row: Carrie Sheeler, MacKenzie Schmidt, Ashley Nelson.

PEP E CLUB OFFICERS

Front Row: Addison Speck (Chairman), Nicole Rayman (Chairman). Row 2: Tessa Hartman (Secretary), Malory Murphy (Co-Vice President), Nicole Freel (Co-President), Justin Denham (Co-President), Amanda Zust (Co-Vice President), Matthew Grochala (Treasurer).



FRESHMAN SCIENCE BOUND

Front Row: Diamond Turner, Adriana Reyes, Daneille Oliver, Ruby Murillo, Lesly Trejo. Back Row: Guadalupe Rodriquez, Elmoiz Ibrahim, Mario Moreno, Jesus Rodriguez, Ceasar Guzman. Not Pictured: Socorro Avila, Kyeasha Buckner, William Chatman, Letesha Clark, Elizabeth Godoy, Claudia Kyalangalilwa, Kiandre Smith, Costa Marroquin.

BPA OFFICERS

Front Row: Jessica Khammany, Kristina Epping (president), Stephanie Beeman (vice president), Mary Son (treasurer). Row 2: Sec. Diamona Lovan, Chelsea Miller, Sarah Strock, Amy VanGundy (reporter), Amber Stewart (historian), Sponsor Mary Jane Kaldenberg.

PEP E CLUB

Meredith Breton, Jessica Cockerham, Jenna Crum, Aaron Degoey, Justin Denham, Jenna Doty, Julieann Drake, Nicole Freel, Matthew Grochala, Tessa Hartman, Darron Haygood, Ashley Hughes, Ariel Jetty, Mallory Johnson, Angie Lin, Malory Murphy, Kathleen McCuddin, Ashly Peavy, Jennifer Radley, Nicole Rayman, Addison Speck, Leah Stockbauer, Amanda Zust.

SCIENCE BOUND

Front Row: Judith Cehallos, Irina Dominguez, Ana Puga, Guadalupe Rodriquez, Humberto Lechuga, Chantell Moody, Catherine Coleman. Row 2: Joe Turner, Daneille Oliver, Diamond Turner, Sponsor Annette Bierkamp, Mia Chagoya, Tanisha Madison. Row 3: Dan Jaquez, Letesha Clark, Kyeasha Buckner, Ruby Murillo, Jacinda Woods, Jesus Rodriguez, Mario Moreno. Back Row: Jared Weatherall, Sponsor Lowell Long, Kiandre Smith, Sponsor John Rudisill, Tiara Mays, Joseph Rivas, Ceasar Guzman, Elmoiz Ibrahim. Not Pictured: Austin Locke, Narelle Buffalo.

Scarlet Organizations

STUDENT GOVERNMENT

Front Row: Naly Bounyalath, Seashia Vang, Sunny Bounyalath, Nataleen Sakakhanone, Jessica Khammany, Dania Valiyeva-Hackett, Ryan Johnson. Row 2: Angie Lin, Kylie Woods, Tamisha Newberry, Brooke VanGundy, ?. Back Row: Sara Straut, Abby Dawson, Heather Alexander, Shika Parsai, Sponsor Samy El-Baroudi.

ACADEMIC DECATHLON

Front Row: Connie Chang, Sara Kain, Danielle Cannon, Thinh Luong. Back Row: Adam Crane, Melinda Lansing, Rachel Diver, Ryan Sherer

PHOTOJOURNALISM

Front Row: Ryan Fitzgerald, Ashley Wessel, Mallory Smith, Kelsey Titus, Kayse Barker, Nikki Ellis, Laurel Murphy. Row Two: Monica Harkert, Bessie Grutel, Liana Mkhatvari, Michael Hickman, Jena Bowen. Back Row: Ryan Brouwer, Thomas Breheny, Katie Grimm. Not Pictured: Christina Baily.

FORENSICS

Front Row: Emma Diver, Raymen Robinson, Austin Locke, Genesis Beltran, Coach Jennifer Medina, Ashley Baccam, Allison Carrick, John Whiteman, Jessica Avant, Adam Crane. Not Pictured: Ben Borts.

MARCHING BAND

Flute: Ashley Van Gorp, Stephanie Sorensen, Jennie Stogdill, Kristen Davies, Ally Ring, Sarah Johnson, Jenna McDaniel. *Clarinet*: Mark Mendenhall, Katie Woods, Faith Burnett, Michelle Jackson, Jacob Bailiff, Michael Davidson, Johnica Hudson, Britney Stilson, Sarah Lown. *Saxophone*: Michael Hickman, Jennifer Chang, Megan Thurmond, Ethan Van Helten, Justin Crone, Zac Mitchell, Kate Bauman. *Horn*: Allison Davies, Tirsta Johnson. *Trumpet*: Jake Atkins, Stephen Nutt, Bobby Young, Nathan Schnoebelen, Morgan Bush, Charles Hughes, Josh Lyon, Bobby Starace, David Rogers, *Trombone*: Amanda Bellis, Andre Johnson, Eric Bason, Travis Tutje, Travis Stewart, Carl Stoutenburg. *Baritone*: John Whiteman, Matt Drew, Michael Olson. *Tuba*: Adam Geiger. *Drumline*: Josh Strother, Tony Hall, Stewart Hall, Bryant Lester, Stacey Anderson, Brianna Robinson, Jacinda Woods, Sarah McFarland, Tyler Bemis, Robert Van Weelden, Jesse Drake. *Colorguard Baton*: Heather Alexander Mikel Beem, Pennie Bland, Narelle Buffalo, Amanda Coleman, Abby Dawson, Sarah Strock, Sydney Williams, Emilie Fessler Boylan. *Drum Majors*: Sarah Rowat, Trent Smith.

Scarlet Organizations

HOME REMODELING

Brandon Cupp, Blake Horsh, Jose Rodriquez, Tad Thomas, Tye Thomas, Tim Gibson, Andrew Alexander, Aaron Peck, Alex Reed, Aaron Bembenek, David Abell, Torey Reynolds, Johnny McFadden, Joshua Eaton, Logan Miller, Thomas Thompson, Steven Bales, Matthew Dickey, Steven Crees.

Autographs

Essence

"A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done."

-Vince Lombardi

Sports

SCARLETS
EAST

Varsity Softball Scores

EHS		OPP.
8/3	Ankeny	0/0
8/1	Johnston	1/2
4	S Hamilton	0
3	Newton	0
5/1	Lincoln	1/2
1/12	Roosevelt	0/0
13	MFL-Mar-Mac	0
2	Albia	4
3	Mid-Prairie	0
2	CR Jefferson	1
11/7	Hoover	0/1
4/6	Ottumwa	0/2
1	Wapello	0
3	Mid-Prairie	0
12	Treynor	2
9	Iowa City High	6
8	North	1
7/8	Lincoln	5/0
1	Burlington	0
10	CR Kennedy	0
1	FM Aquinas	0
0	Winterset	2
3/5	Mason City	0/0
2/8	Roosevelt	0/0
7/2	Hoover	0/1
0/5	Valley	2/0
2/4	Ottumwa	1/2
5	Davenport North	1
6	Storm Lake	4
[illegible]	Boone	0
2	S Hamilton	1
7/4	North	0/0
9/13	Newton	0/6
2/12	Indianola	0/2
2	Dowling	5

Overall: 47-4

Senior **Angie Baumiester** scores another run for the scarlets against Dowling. At left, senior **Amanda Zust** warms up her pitch.

At right, the team meets after a hard inning in the field. Above, junior **Amanda Enochs** comes in after an injury in the outfield. Enochs tore her ACL during the Dowling game this year.

History In The Making

Story/Layout by Samantha Waters

1, 2, 3, 4…THE WINS KEPT PILING UP for the East High Scarlet softball team. This year the team set a record for wins with a final record of 47-4.

"We had an awesome year, I think all the hard work really paid off," said senior **Amanda Zust**.

During the off-season, the Scarlets worked hard to improve their hitting and fielding abilities. There was the 1000 hit club and th 1000 strike club. Thirteen players were announced at the kick-off dinner for being a part of those clubs.

"I think it was great for the girls to do this program. It made them a better player and gave them confidence when they were up t bat," said Coach **Bob Ligouri**.

The team also had indoor practices provided by the Grandview College Wellness Center throughout the winter. They were able to g through hitting stations to improve their form. Also, the softball team played fall ball and spring ball, ending undefeated.

"When we are at the clinics we had a lot of fun, but we got the wc done. I think we really improved after all the work we put into it," sa senior **Jessica Cockerham**.

Every year they have a "Christmas giving." They buy presents and gi them to families that can't really afford to buy gifts for their children. Ea year has been a success.

"We had a lot of fun giving Christmas presents to families. I felt rea good about what our team has done," said senior **Whitney Link**. "T look on the kids faces were amazing!"

With the team being mostly juniors and seniors, the Scarlets are going to lose much for next year.

"This year was great. We lost a few players but we have 7 returnir starters. We have had a lot of talent throughout the times I have be here," said Ligouri.

In the following years to come there are many young kids ready to the positions. Freshmen **Kim Robinson**, **Kylie Vry**, and **Missy Ulm** all have gotten the chance to be on the varsity team.

"This year was great. The girls were really nice when coach broug me up on the team. It was also a great experience getting to play in t games," said Robinson.

The team was expected to go state if not to take it all and be sta champions. They worked really hard during the season to fulfill th dream, but there was an upset loss to their rival, Dowling, in the region championship game.

Next year the team has six returning seniors, and their goal is to b their record and win the state title. Fans said "this wasn't the compl year for the girls, but next year will be great also."

Fresh Off The Bench

Story/Layout by Paige Stock

Bill Jensen's

TEAM MEMBERS SLIDE INTO home plate, the crowd goes wild with enthusiasm, and the players give high fives for their good work. The girls on the freshman and junior varsity teams had this excited feeling many times throughout their softball season.

"Overall, the JV team did really well and it was nice to get moved a lot. Many of us did not see the same position more than once," said junior Trish Robbins.

The freshman team had a struggle this year coming onto the field with two new coaches. The coaches from the previous year, Trisha Bennett and Amy Wilterdink, both alums of East High, had coached for 6 years. Lowell Long took over the team this year with his assistant coach Brett Collins.

"It was different this year because Long was always positive," said sophomore Kelsey McCuen. "even though he didn't know what he was doing sometimes because it was his first year coaching."

Freshman coach Long said, "I really enjoyed coaching the girls. They always wanted to play hard and always worked hard at practice. I felt myself wanting to win as bad as they did."

Many of the players on the freshman team also played on the junior varsity team. There they learn the roles of varsity and develop a good work ethic to get ready for varsity year.

"It was really hard playing on both teams. I was at the fields all day, but it was really fun being with all the players," said sophomore Mattie Sellers.

The freshman team finished very well for a new team and for not being used to working together. They tied with Lincoln for conference.

Sophomore Allie Carrick said, "We worked hard all season but it took awhile for us to get our rhythm. People were playing up and we almost never practiced together."

JV finished with a 25-5-2 record.

"We had practice at like six in the morning. It really paid off in the end because we beat teams that we didn't think we'd beat like Valley, Lincoln, and Ankeny," said junior Kelcey Young.

> "The first time we played Valley we tied, the second time we beat them 12-0.
> -Jennifer McDaniel"

185
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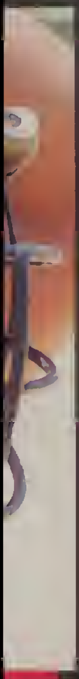


9th Softball Scores

EHS		OPP.
3	Ankeny	2
3/7	Lincoln	5/4
2/0	Johnston	3/0
8/14	Ottumwa	2/5
16/12	North	0/0
1/4	Dowling	2/5
9/4	Lincoln	0/5
14	Hoover	0
1/3	Valley	2/1
1/2	Ottumwa	0/2
8	North	0
2/1	Dowling	5/2
14/20	Roosevelt	0/0
2/3	Indianola	3/0

Overall: 16-9

JV Softball Scores

EHS		OPP.
4/12	Ankeny	2/0
2/7	Johnston	1/2
2/1	Urbandale	1/0
1/8	Lincoln	1/2
14/12	Roosevelt	0/0
1	Muscatine	2
0/10	Valley	0/0
2/0	Winterset	0/2
11/12	Hoover	0/0
3/5	Ottumwa	1/2
11	Mid-Prairie	1
3	CR Jefferson	0
11	Clear Creek	0
14/13	North	0/0
4	SE Polk	6
10	Mason City	0
0/3	Ottumwa	3/4
3	Boone	0
10	Twin Cedars	0
9	Newton	0
7	Indianola	1

Overall: 25-5-2

East JV reviews their plays and strategies before a victory over Ankeny. The team beat them 12-0.

Exceeding Expectations

Story/Layout by Greg Zubulake and Matt Grochala

THE EAST BOYS VARSITY baseball team finished the season with the third best overall record in school history.

"It was a great accomplishment for the team. The boys worked hard for it," said head coach **Brian Luft.**

"We didn't know how the season would turn out in the beginning, but the team turned out to work really well together and become one of the best East High baseball teams ever," said senior **Nick Eaton.**

They finished 26-15 overall and 6-7 in the Metro Conference.

"We had an overall good season and our record proves it, but I thought we could have done better conference wise," said senior **Robert Banner.**

The team consisted of 10 seniors, 7 juniors, and 3 sophomores.

"We had a good variety of players. It wasn't all just seniors," said alum **Alan Althaus.**

A highpoint for the Scarlets this season was finishing first place in the three tournaments they competed in.

"We won the CMB (Collins Maxwell Baxter), Winterset, and Saydel tournaments. The cool thing about the Winterset tournament was we beat Ankeny, who finished second in the state tournament this year," said junior **Devin Cipperly.**

Another highpoint for the Scarlets this season was beating 4 top-ten ranked teams in the state. The teams they beat included Valley, Ottumwa, Mason City and Ankeny.

"When we beat Valley, they were ranked number one in the state. So that pumped the team up because it was towards the end of the season and it gave us motivation going into sub-state," said alum **Josh Dunham.**

Players that stuck out this season were senior Nick Eaton would led the team in batting average, homeruns, runs batted in, and stolen bases. Senior **Matt Grochala** led the team in triples and hit by pitches. Senior **Tyler Luft** led the team in doubles and base hits. Alum **Derek Wennekamp** broke two all time East records with hit by pitches in a career and walks in a career.

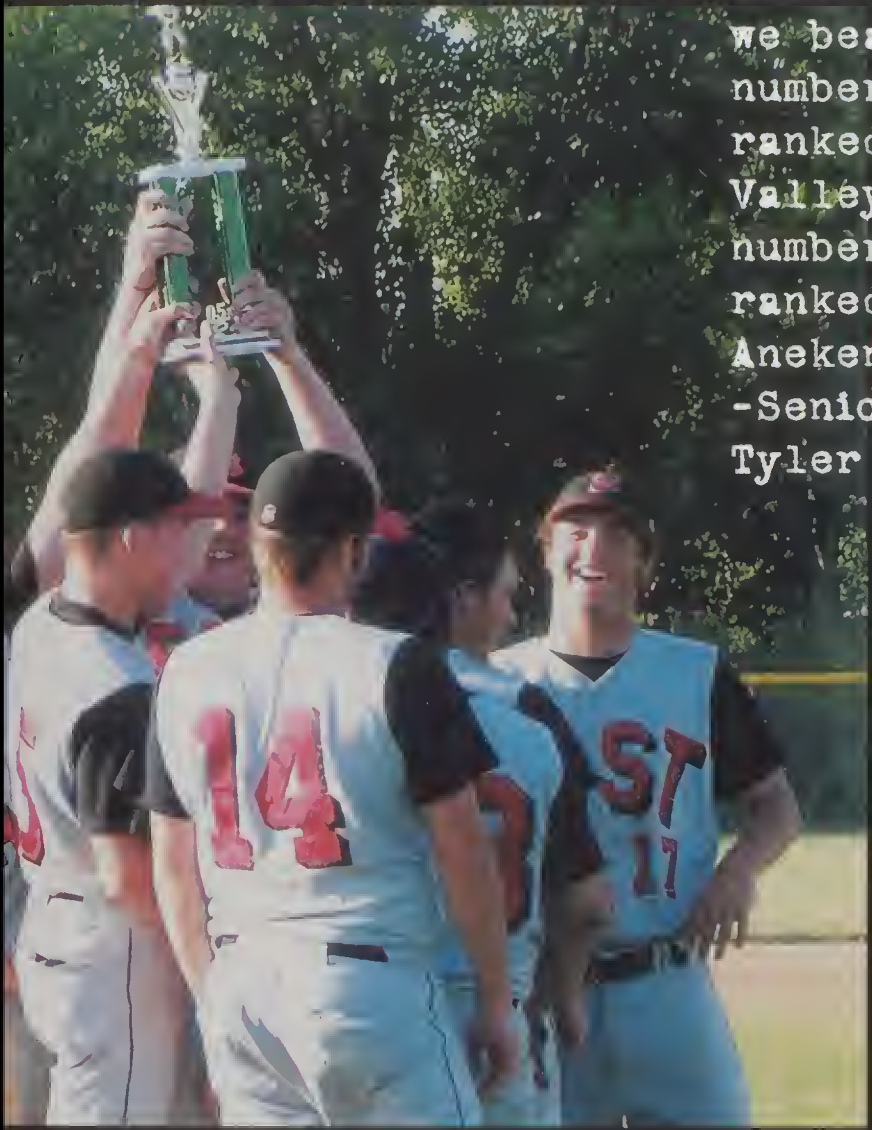
"These players are great bunch of kids. They worked hard for their accomplishments and they deserve every ounce of credit," said Coach Luft.

The Scarlets will have five returning starters for next season and a good group of underclassmen coming up.

"We should have a good chance of being a great team. If we work together we will do some amazing things this next season," said Eaton.

The upcoming season looks bright. We have a lot of good players returning. We should make a run at the conference title," said Coach Luft.

“It was cool when we beat number one ranked Valley and number two ranked Anekeny.”
-Senior Tyler Luft



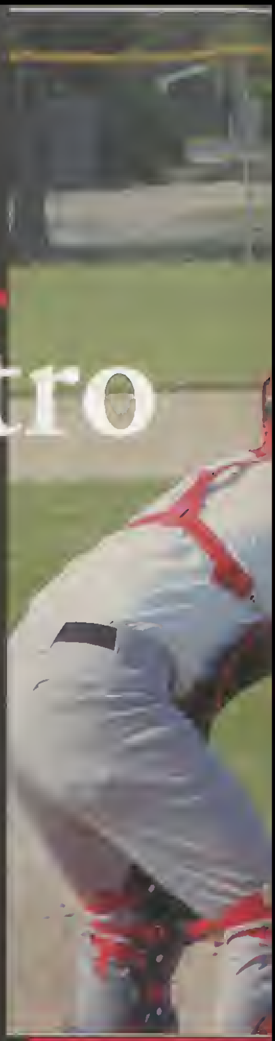
Varsity Baseball Scores

EHS	OPP.
10/9	13/11
18/8	16/8
3	9/2
12/7	8/8
15	4
8	8
4/7	8/12
14	6/3
9/12	2
7/3	5
13/6	2
19	
12	
8/8	
2/9	

Indianola
Mason City
Ankeny
Johnston
Nevada
CMB
Lincoln
SE Polk
Roosevelt
Hoover
Ottumwa
Winterset
Ankeny
North
Dowling
Lincoln

Metro: 9-11
Overall: 24-16

East celebrates after beating Saydel 12-3 in the championship of the Saydel Invitational. East won threee out of three invitationals.



Champions of the Metro

Story/Layout by Hoang Nguyen

ALL OF US ENJOYED our last summer break, right? Traveling out-of-state, taking a swim, chatting online, or hanging out with friends were just a few of the things we might have done. Meanwhile, the freshman and sophomore baseball teams worked hard to earn the title of Metro Conference Champs, but more importantly ,they were the "best baseball seasons in freshman and sophomore history."

"I've been coaching the sophomores for the last 7 years now, and I have never had a class with a higher winning percentage. They were a great group of guys to be around," said sophomore coach **Martin Luft**.

Throughout their season, the baseball teams each play about 34 games in the summer. The first game would be towards the end of May, and the last game was the first week of July. The freshman team finished with a record of 25-6 and the sophomore team with a record-winning score of 31-3.

Sophomore **Cody Bosley** said, "Our score is great. It shows that we can handle ourselves, and it shows patience on our side. I hope we can make it into state finals next season."

It's no surprise to find out that they're spending the majority of the summer to play. Junior **Ben Hurley** always spends his summer playing baseball.

"Baseball is my favorite sport, plus I have a lot of friends on the team," said Hurley. "I like to travel everywhere and compare other teams in the state to ours."

Teamwork had contributed the most to their wins according to freshman coaches **Carl Drautz** and **James Giboo**. Giboo said that the freshmen were a "tight-nit group with good team chemistry."

"In baseball I taught them how to be a team player even if it means taking the bench," said Drautz. "If you learn that, then you'll excel in class and learn how to be a responsible person as well."

It never hurts to practice, practice, practice. Both teams have batting practice before every game, which was on Tuesdays through Thursdays. Practice goes on for two hours which involve throwing, catching, and scrimmaging.

"At practice, we got yelled at a lot. We had to run too," said sophomore **Mykeal Shade**. "Drautz and Giboo can be pretty tough on us sometimes."

As always, losing can be a hard thing to deal with, but the freshman and sophomore teams hardly had that problem.

"We lost only three times, which wasn't a big deal because those losses were in fault of minor mistakes on our side," said Giboo.

Along with players and coaches, Scarlet fans are also excited about winning the Metro Conference Champioship.

"It's been such a great season for baseball on both teams, I'm so happy for them," said junior **Leah Dank**. "Also, they're not serious all the time when they play, they have fun too."

It's always nice thinking about what's in store for the teams in the future when they're on sophomore and varsity teams. Like being consecutive Metro Conf. Champs or even winning baseball state finals.

"Ya-gotta-do-watcha-gotta-do," said junior **Ryan Remus**. "It's important to have fun, but winning state finals sometime in the future would be pretty cool too."

"When baseball state finals come around, it'll be no doubt that these teams will be somewhere on top because they can only get better," said Giboo.

Sophomore Vincent Jefferies hits one far out of the park. Jefferies had a an average of 0.286 for the season.

> "We'll do much better next season even though we're the best team at East to date -Junior Trevor Beals"

Freshman Baseball Scores

EHS		OPP.
20	Indianola	0
11	Mason City	1
6	Ankeny	7
15/14/13/6	Lincoln	0/4/3/0
24/19/28	Roosevelt	2/1/0
7	Marshallton	1
13/14/17	Hoover	3/1/4
1/3	Johnston	0/2
19/6/6/15	Ottumwa	0/4/1/7
13/10/18/15	North	0/2/9/1
1/16	Dowling	7/6
5/19	SEP	6/0
4/12	Valley	3/1
7/4	Waukee	4/3
12/12	Newton	0/4

Sophomore Baseball Scores

EHS		OPP.
16	Indianola	7
14	Mason City	9
6	Ankeny	9
9/4	Johnston	8/2
2/4/5/5	Lincoln	1/2/0/11
12/20/3	Roosevelt	92/0
11/5/16	Hoover	1/9/0
5/26/5/9	Ottumwa	2/10/1/2
5/21	North	3/3
11/13	Dowling	3/3
4/5	SE Polk	3/7
2/5	Valley	10/7
14	Waukee	4

Going For The Kill

Story/Layout by Samantha Waters

BUMP! SET! SPIKE! And the crowd went wild for East's varsity volleyball team as they started the season off against Newton High.

"We were kind of nervous starting out the season, but I knew we would do our best," said senior **Ashley Logan**.

This year the team had a little dilemma. One of their tournaments was in Cedar Rapids, and it just so happened to be on the homecoming dance night. The team was worried that they weren't going to be back in time to get their hair done.

Coach **Terrie Fenstermann** came to the rescue and bought battery-operated curling irons so the girls could do it on the way home—in a rented motor home.

"I did some of the girls' hair on the way home (Addison Speck, Ashley Logan, and Carrie Hatfield)," said Fenstermann "It went very well and was a lot of fun."

"It was kind of a bummer that we didn't get to get our hair all done up, but it turned out better than I thought," said junior **Speck**.

The team got back a little after 7 p.m. so they didn't really have much time before the dance, but all that was left was to put on those dancing shoes and that outstanding dress and they were set to go.

"I was really excited to go to homecoming this year because it's my senior year, but when we had to go to Cedar Rapids for a tournament, and we couldn't get back in time for the dance, I was kind of upset. It was a great turnout though," said Logan.

The team had a rough season, but they stuck it out. One of the big wins was against Hoover.

"I was excited to play Hoover; they haven't been very good in the past, so I knew we would do alright," said junior **Jennifer Radley**.

At the beginning of the season, the girls made posters and put them up around school to help bring a crowd to the games.

"I thought the posters were a good idea. Some of them turned out really cute. I also think they worked because there were quite a few people that showed up," said Radley.

The Varsity team comes in on a timeout for a little "chit-chat" on game stradegy.

Juniors **TJ Page** and **Brett Toncar** ref the game and talk before it starts on how they should rule the game.

Varsity Volleyball Scores

EHS		OPP.
17/11/23	Mason City	25/25/25
16/10	Boone	21/21
11/9	Ames	21/21
[illegible]/14	Roland Story	21/21
13/10/19	Newton	25/25/25
3/9	Ames	21/21
7/16	Knoxville	21/21
11/12	CB Lincoln	21/21
21/21	Carrol Kuemper	9/8
8/14	Valley	25/25/25
11/19	Lewis Central	21/21
[illegible]/16	SE Polk	21/21
18/21/16	Pella	21/17/6
17/10	Eagle Grove	21/21
25/25/25	North	21/17/17
23/19/9	Waterloo East	25/21/15
[illegible]/19	W.loo Columbus	21/21
16/15	CR Washington	21/21
21/20/7	Waukon	10/22/15
25/25/21/17/12	Lincoln	22/16/25/25/15
6/13/9	Roosevelt	25/25/25
19/18	Mt Vernon	21/21
5/3	Dubuque Walhert	21/21
11/6	S. Tama	21/21
10/4	Davenport Central	21/21
25/25/25	Hoover	8/10/9
13/9	Oskaloosa	21/21
22/15	Jeff/Scanton	24/21
6/11	Valley	21/21
16/21/15	Webster City	21/12/4
16/17/9	Ottumwa	25/25/25
[illegible]/9	Ankeny	25/25/25

Overall: 5-27

There's a New Attitude

Story/Layout by Stephanie Halferty

BUMP, SET, SPIKE, AND score! Volleyball got a new freshman coach, Susan Hook.

Hook came from coaching the eighth grade team at Hiatt Middle school. Terrie Fenstermann, JV coach, noticed her coaching skills and asked her to be the new freshman coach.

"It's great to be a part of this team. The girls made it a better experience than I thought it was going to be," said Hook.

Hook has helped the girls to join activities that would help them with the skills they need. The girls joined an AAU team. That helped form a team unity and develop confidence in them selves. Their AAU team went on to qualify for a stat tournament at Simpson College.

"The AAU team was so much fun. When we were qualified everyone was so excited it was just a really great experience," said Joce lyn Perkins.

As a team the girls did very well during their regular season, too. They were second in conference and city champions. These girls worked very hard and were dedicated, according to Hook.

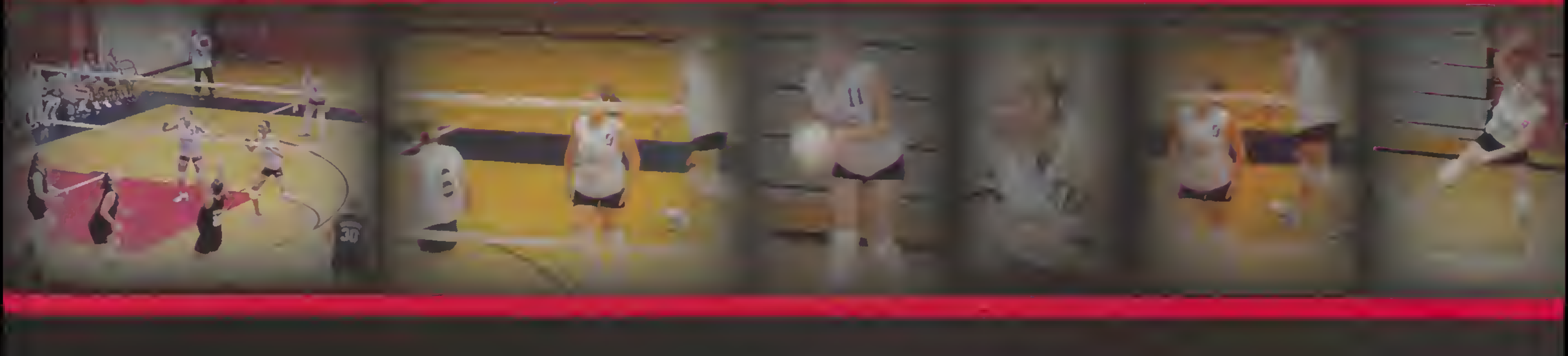
"Knowing that our hard work helped us succeed to get second and it was well worth it. We did a great job as a team and it showed," said Kylie Vry.

At the beginning of the season everyone on the team including the coach set personal goals with academics and skills. As a team some of their goals were being able to serve overhand for 90% of the time. The players encouraged each other throughout the season to make sure they met their goals. Hook's goal for the team was to make conference champ.

"We did our best in meeting our goals. Maybe for the ones we didn't meet we can meet them next season," said Katelyn Smith.

The team got together before a game to take a group photograph. They had fun getting know each other during after school practices

> "Knowing that our hard work helped us succeed to get second was well worth it."
> -Kylie Vry



Season of Change

Story/Layout by Greg Zubulake

A NEW COACH, NEW PLAYBOOK, NEW STYLE, a whole new East football team. That was what players and coaches were faced with this season.

New head coach and athletic director **Rick Roberts** took the place of former coach **Darrin Fisher**.

"Coming into the East football program I wanted a new challenge in my life and it is also a 4-A school which is the highest division in Iowa," said Roberts.

"I think he is a great coach. Coming into the football program people had a lot of high expectations from him because the program has been doing so good the last three years and he dealt with that pretty well," said senior **Matt Grochala.**

The team finished with an overall record of 3-6 and a conference record of 3-2.

"We had a tough out of conference schedule this season. Three of the teams we played including Ankeny, Ft. Dodge, and Sioux City Heelan made the state playoffs," said senior **Nick Eaton.**

There were seven returning starters from last season.

"We lost a lot of our players, but the returning starters had good taste of what varsity level was like," said junior **Elija Seymour.**

A highpoint for the team this season was beating the Roosevelt Roughriders, 28-7.

"We were off to a rough start and Roosevelt was at the top of the Metro conference at the time and we came in and just dominated them. It was a great win for us and for me because it was my first win as the East High coach," said Roberts.

"We came into the game as a huge underdog and nobody was expecting us to get beat, but we didn't everything right that game. We did everything right, offensive and defensive wise and it showed in the end," said senior **Demetrius Frazier.**

East has high hopes for next season and they plan to accomplish some big things.

"We have a lot of returning starters coming back next season. If we work together and do what we need to do in the off-season, we will be a force in the conference and in the CIML," said junior **Brandon Brown.**

"If we work in the off-season and dedicate ourselves to our new weight room, we have the chance to be really good next season," said Roberts.

> “The players that stuck it out and didn't quit during the season are going to be better players and people.”
>
> -Coach Roberts

Varsity Football Scores

EHS		OPP.
28	Ft Dodge	34
9	SC Heelen	30
21	Ankeny	58
6	Urbandale	41
28	Roosevelt	7
38	Hoover	0
7	Ottumwa	18
35	North	0
14	Lincoln	35

Conf.: 3-2
Overall: 3-6

East defensive players tackle a Fort Dodge player trying to get a 1st down.

Building Up A Tradition

Story/Layout by Nickie Freel

WINNING ISN'T EVERYTHING WHEN it comes to the freshman and sophomore football teams. Technique and learning teamwork are also a big part, for these new players, in planning for an extraordinary varsity team.

"We run a lot and the practices are a lot of physical work, but we basically just try to have fun," said freshman **Juan Rincon**.

Everyday at practice the players got use to doing drills to help with performance on the field.

"We've learned a lot of new things this year. We practiced defenses, offenses basically everywhere so we can take over any spot when the coaches tell us to," said sophomore **Donovan McClain**.

Often the sophomore team will scrimmage against the varsity team. This helps the team improve and gain experience to become more game ready.

"We are always getting smashed when we scrimmage, but its still fun." said sophomore **Ethan Kouri**.

The freshman team ended up with a 4-5 record. According to Coach **Ken Burgess** the season was divided into 3 parts. The first was 0-3 then the next two were 2-1.

The sophomore team ended up with a 3-6 record.

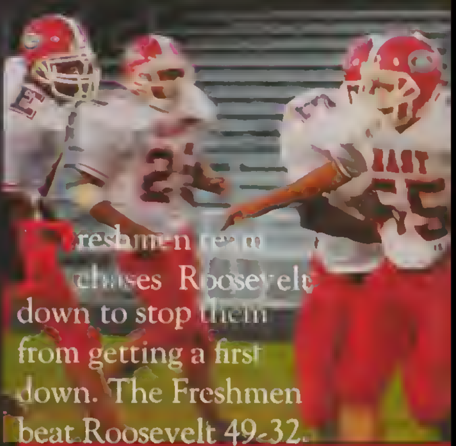
The freshman team put on a great show against North at a Friday night game with a score of 50 to 26. While the sophomore team won with a score of 32 to18.

"The game against North was awesome. We have such a rivalry with them its fun to watch them lose." said McClain.

"We got a lot of touchdowns against North. I threw two touchdowns and we ran two others in. It was a great game." said Rincon.

Both teams enjoy playing the game but they both still need to work hard to keep up the good work.

Sophomores block for the runner during the Fort Dodge game. The sophomores ended up with a 3-6 record.



Freshmen team chases Roosevelt down to stop them from getting a first down. The Freshmen beat Roosevelt 49-32.

The sophomore team gets ready to run the ball against Fort Dodge. They beat Fort Dodge 18-6. Below, Freshmen players run the ball during a close game with Hoover.

Sophomore Football Scores

EHS		OPP.
18	Fort Dodge	6
8	Lincoln	14
0	Ankeny	49
20	Urbandale	28
21	Roosevelt	39
35	Hoover	18
14	Ottumwa	44
35	North	14
41	Lincoln	43

Freshman Football Scores

EHS		OPP.
28	Fort Dodge	48
14	Lincoln	6
8	Ankeny	42
12	Urbandale	42
49	Roosevelt	32
43	Hoover	45
14	Ottumwa	42
50	North	26
38	Lincoln	22

Playing at the Next Level

Story/Layout by Greg Zubulake

AS A HIGH SCHOOL ATHLETE in sports, you want to be the best player, the one who everyone can count on when it comes to crunch time.

"You want to be the best player on the team, you want to be the person who when it comes down to the final seconds of a game, will lead your team to victory," said senior **Nick Eaton.**

For high school athletes their goal is to be recognized by colleges and try to earn a scholarship.

"Athletes in high school dream of going on to college and playing the sport that they love and if you can get your college expenses paid at the same time, that is even better," said senior **Whitney Link.**

There are different types of scholarships offered by colleges. They can offer high school athletes a full-ride which means that the college will pay for everything.

"To get that you have to be one of the best players around on the field or court and also in the classroom," said Eaton.

Colleges also offer a 60% or 40% scholarship. If an athlete receives one of these scholarships then the college will pay for that percent of schooling and they will have to pay the rest.

"It really depends on how good you are in that sport and how bad the college wants you to come to their school and play for them," said junior **Dusty McAninch.**

Every year hundreds of top colleges and universities award athletes over $1 billion in sports scholarships.

"If it wasn't for scholarships then a lot of good college athletes would not be playing," said Link.

Athletes can get a scholarship for any sport from basketball and football to golf and bowling.

"This is good that there are scholarships for different kinds of sports because a person cannot be good at football or softball, but can be awesome at a sport like bowling," said McAninch.

There are not just different kinds of scholarships, but different kinds of divisions.

"The best division in college is Division 1, which are colleges like Iowa and Iowa State. Then, Division 2 and Division 3 colleges like Central and Simpson. If you are really good in a sport you can get an out-of-state college like Texas or Duke to offer you a scholarship," said senior **Matt Grochala.**

It is not just the athlete's job to get recognized by colleges, but also their coaches.

"The coach helps because he or she gets your name out there. They are the people who talk to colleges about your skill and get them interested in you," said Grochala.

"As a coach it is our duty to get the athlete recognized by colleges and help continue on to the college level. A technique we use to get colleges interested is to send college coaches video tapes of the athletes so they can see how good they are and the way they play," said head boys basketball coach **Andy Howard.**

Student athletes have to work hard and be prepared for the challenges that they will have to face.

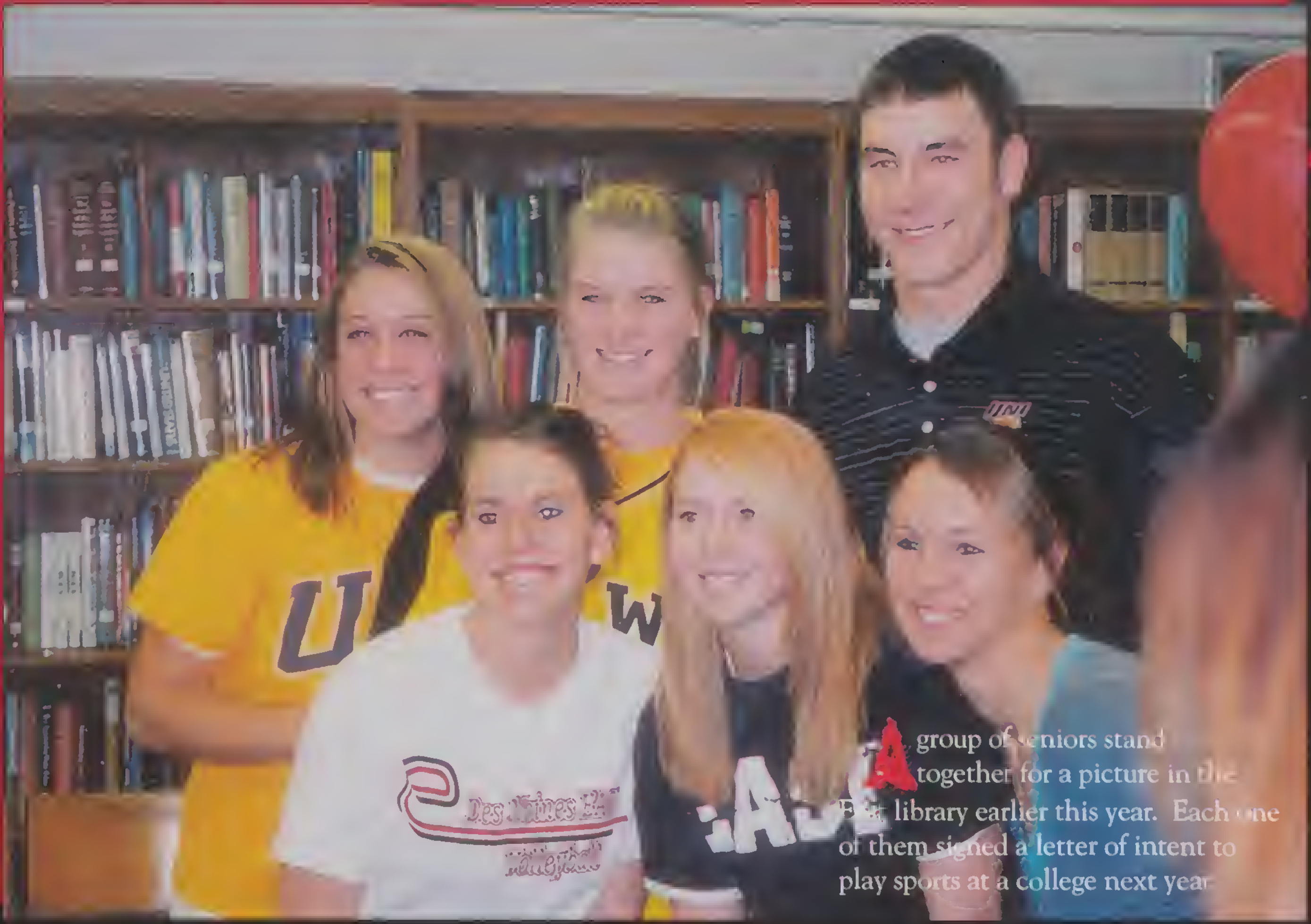
"In order to get a scholarship from a college, it takes hard work, dedication, and self-discipline. You can't just decide to start playing a sport your senior year in high school and expect to get a scholarship. You have to start when you are young and learn as much as you can before you get to the high school level," said Eaton.

University of Iowa

University of Northern Iowa

Central College

Iowa Central Community College



A group of seniors stand together for a picture in the East library earlier this year. Each one of them signed a letter of intent to play sports at a college next year.

Des Moines Area Community College

Drake University

Simpson College

Iowa State University

A New Gene Pool

Story/Layout by Chris Piatt

FLY, BACK, BREAST, FREE or back, breast, fly, free? 200-yard individual medley or 200-yard medley relay? Flutter kick, dolphin kick, or frog kick? These terms are part of the new world for incoming swimmers joining the girls' swim team.

"It was just kind of a shock to be put in the varsity squad's workouts so soon," said freshman Brittany Wilkinson. "But it was a good change and it really helped me improve."

Head Coach Stan Thompson had a relatively large team to coach this year with seven new freshman swimmers to add to the team's numbers. Eleven sophomore and junior swimmers returned along with seven seniors.

"We had about the normal number of new swimmers this year, but three of them had prior experience from the middle school swim team," said Thompson.

Along with the new batch of girls, East had several talented swimmers return this season. Sophomore Alexis Timm returned to set a new 100-yard breastroke record along with senior Anna McCourt, also a returning swimmer, who set two records in the 100- yard backstroke and the 200-yard individual medley.

"It was disappointing not to make state, but swimming was worth it because it allowed me to strive for the best in every aspect of my life," said McCourt.

Though the team only won two of their meets, defeating Grinnell and Perry, they did very well at such meets as the SE Polk Rams Relays Invitational where senior Katelyn Dehaan and Timm took first in the 2x100-yard breastroke relay, and the Metro Conference meet.

"We did really well at some of the bigger meets we had like Rams Relays and Conferences so the other meets didn't really bother us as much," said Timm.

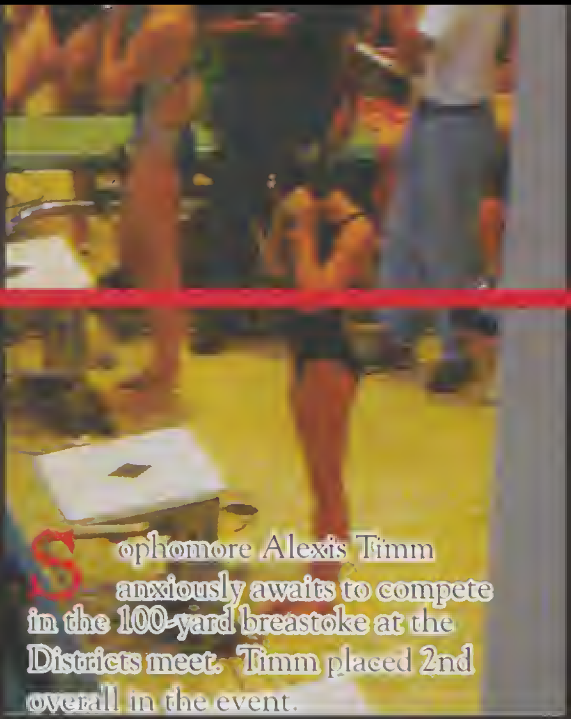
At the Metro Conference meet, Timm took first in the breastroke, followed by junior Breanna Fousek who took second, and finished by Dehaan who took fifth overall in the event. McCourt took fourth in the backstroke and sixth in the individual medley.

The Scarlets finished third overall at the meet. Neither Timm nor McCourt qualified for the state meet, both missing by less than a second, even though their times would have qualified them last year.

"I don't think our record reflects how good the team is. We lost several meets by just a few points," said Thompson. "We had a disqualification in one of those meets and then we had about five girls in arm slings throughout the season, so we should've won at least three other meets."

Team members gather around to take a group picture. The team did many things together and went out to eat after several meets.

"Our senior swimmers were talented, made the season fun, and will be missed next year" -junior Jami Bowen



Sophomore Alexis Timm anxiously awaits to compete in the 100-yard breastoke at the Districts meet. Timm placed 2nd overall in the event.

Girls Swimming Scores

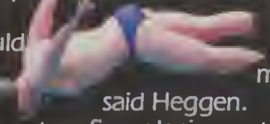
EHS		OPP.
21	Mason City	73
43	SE Polk	51
60	Newton	110
95	Grinnell	75
41	Valley	129
85	North	85
119	Perry	48
84	Lincoln	86
49	Roosevelt	121
73	Hoover	97
82	Ottumwa	88

Rams Invitational: 4th
Conference: 3rd
Districts.: 9th
Overall: 2-8-1

Senior swimmers Ashley Hughes, Sara Strock, Meredith Breton, Katelyn DeHaan, Kathryn Bauman, Anna McCourt, Mendi Armstrong and Jessica Cantwell come together to take a picture at the team banquet.

Let's Make A Splash

Story/Layout by Elizabeth Holmes



HOW WOULD YOU FEEL about getting into a pool half-naked with 20-30 people staring at you? Embarrassed? Well, for the boys swimming team, swimming in front of a bunch of people can be a blast.

Most people think that swimming in Speedos would be embarrassing, but **Alex Heggen** said he didn't mind.

"It's a lot of fun to swim in Speedos, its awesome," said Heggen.

With four out of eight wins this season and several top five placings at invitationals, the team is improving yearly. But, the graduation of seven seniors, the largest number in several years, presents a problem.

"We lost several seniors and they were all varsity swimmers, so we're going to have to try and fill their shoes at the start of next season," said Assistant Coach **Dustin Cassler**. "But we also have a great group of middle school swimmers that will be coming in during the next two years.

"We knew that Lincoln freshman **Jake Edwards** was the clear favorite in the 200 and 500, the others were long shots," said **Erin Lowe**. "Senior **Josh Eaton** had a great night at (CIML metro conf.) championships."

Eaton won the 100 yard freestyle and anchored the winning 400 free relay with a comeback from fourth place. The relay missed state qualifying times by about a second. Several records were broken throughout the season including the 400 free relay consisting of Eaton, Edwards, **Zac Mitchell** and **Jamie Farrington**. Edwards also broke the 500 yard freestyle record and senior **Chris Piatt** broke the 100 yard freestyle backstroke record.

The season was great for East seniors Eaton and Piatt. "They won all their East home meets," said Lowe.

After most meets the team would go out to eat at various restaurants. Tsing Tsau and Cici's were two of the most popular choices.

"Going out to eat was really fun, Chinese and Italian places were our favorite," said sophomore **Ethan Van Helton**.

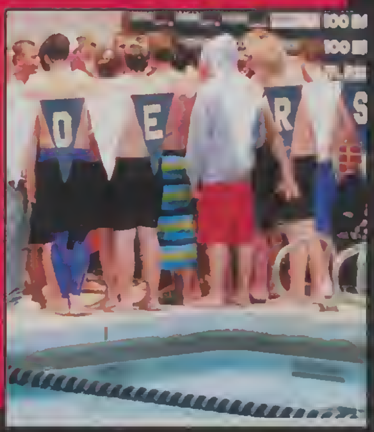
Morning practices were mandatory for returning swimmers. They started at 5:30 in the morning and ended around 7:00 to give the boys time to get ready for school. Practices were held at East and Lincoln each morning so boys wouldn't have to go back and forth like afternoon practices.

"I like the morning practices," said sophomore **Travis Stewart**. "It's the best thing ever, they're not as long as the afternoon practices."

East finished this season with wins against Newton, Ottumwa, Southeast Polk, and Grinnell. The team received 2nd place overall at the S.E.P. Ram Relays for the second year in a row, earning medals in every event possible, 5th at the Johnston Invitational, 3rd at the Hoover Invitational, 3rd at CIML Conferences and 5th at Districts.

"Swimming at Ram Relays was great for finally swimming with the team," said Mitchell

"We are currently in the middle of our middle school season," said Lowe, "and we usually produce good talent; this year we have two very strong Edwards and Mitchell."



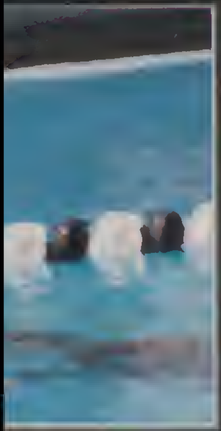
Varsity Record

East/Lincoln/Norwalk		OPP.
54	Valley	114
90	Newton	80
34	Mason City	60
Win	SE Polk	Forfeit
75.5	Hoover/North	94.5
106	Ottumwa	63
118	Grinnell	52
79	Roosevelt	91

Invitationals

Hoover/North Invit.	3/6
SE Polk Invit.	2/5
Johnston Invit.	5/8

CIML Metro: 3rd
Districts: 5th
State: Jake Edwards placed 20th, 500 Freestyle
Overall: 4-4



Second from the right, Josh Eaton stretches for the win. At right, Kyle Hutchins gets prepared for a dive into the pool.

Driving Home High Hopes

Story/Layout by Beth Mayes

ALTHOUGH THIS YEAR'S GIRLS' GOLF team had a rough season, they have improved.

"I wouldn't change a thing, the girls got better as the season progressed and it's good for them to see what it takes to finish on top," said coach Lowell Long, "although Tiger Woods would be a great recruiter."

"Maybe if we had Tiger Woods we would win something," said senior Ashli Walker.

Due to budget cuts, East, North, and Lincoln were combined once again, against the combination of Roosevelt, Hoover, and Ottumwa, but the combination of the teams did not help East due to the fact that there were no golfers from North or Lincoln.

"There were only East girls'," said Walker, "but I still had to call us ELN."

Coach Long's goal for next season is to meet during winter to get a head start on practice so the girls don't come in last place.

Long also hopes to have a summertime clinic for seventh and eighth graders so that when they get to East they are knowledgeable and have the experience to lead the team to victory.

"I hope that the clinics will improve our standings and league play," said Long.

Practice was held every night after school for about two hours either at Sleepy Hollow or Grand View. Practices consisted of hitting the driving range and putting miniature golf.

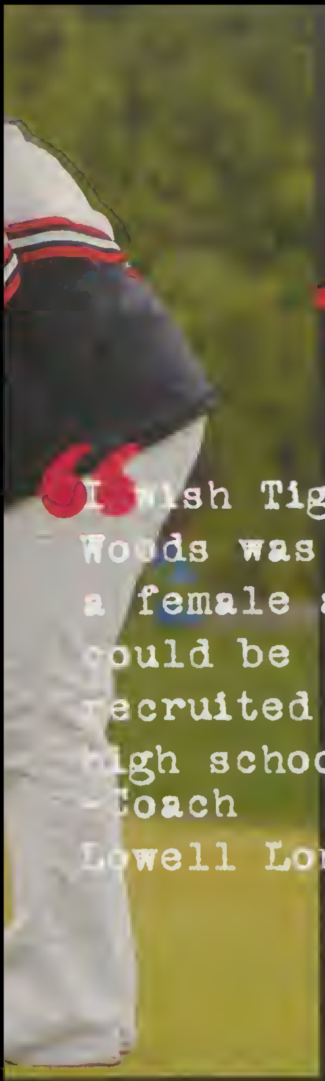
"Practice was fast and easy; all we did was hit a bucket of balls and when we ran out, we were done," said junior Abigail Dawson.

The boys' golf team had about the same season but despite not going the way it was intended, all the golfers plan to take more experience into next season.

"As the season progressed I got better, but it was too late into the season to move up to varsity," said junior Justin Rice.

Slightly hitting the ball, senior Ashli Walker tries to putt only one time so her score isn't so high. Below, Coach Long explains to the girls that they could be playing a little more

Senior [illegible] Ryan drives a ball to the hole. For many girls driving was the hardest.

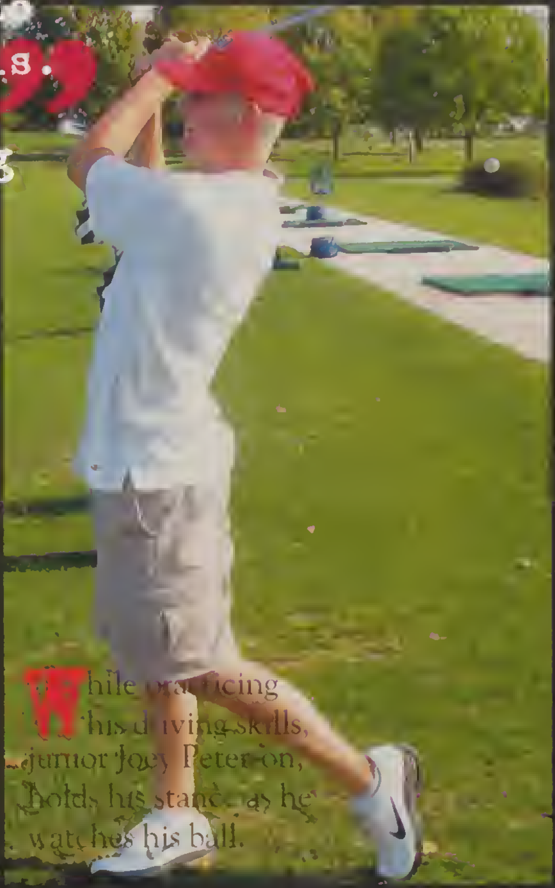


"I wish Tiger Woods was a female and could be recruited to high schools."
-Coach Lowell Long

Coaches Deb Walts and Sy Forrester find time to break away from the team to pose for a picture.

Girls Golf Scores

OPP.	PLACE
Mason City	2nd
Newton /Johnson	3rd
Valley	12th
Ankeny	10th
Roosevelt/Hoover	2nd
North Invitational	12th
Johnson Invitational	12th
Ottumwa Invitational	14th
CIML Conference	3rd
Ankeny	12th



While practicing his driving skills, junior Joey Peterson, holds his stance as he watches his ball.

Preparing for a long drive, junior Abigail Dawson takes her time to hit it straight on.

A New Start with a Grand Finish

Story/Layout by Jami Bowen

JUNIOR **KAELI HELM** WAS EXCITED to start her second year of running on the cross country team, but there was something different this year, and Helm and the rest of the team had their doubts. This year they gained new coaches.

"I was nervous and I didn't know if the new coaches would be mean, hard, or even qualified to coach," said Helm.

The two new coaches were biology teacher **Keri Frommelt** and **Mel Green, Sr**.

"I just love to run so when I heard they needed a new cross-country coach, I agreed to do it because I knew it would be fun and I would enjoy it," said Frommelt.

"Both coaches are very cool and do whatever they can to make us better," said Helm.

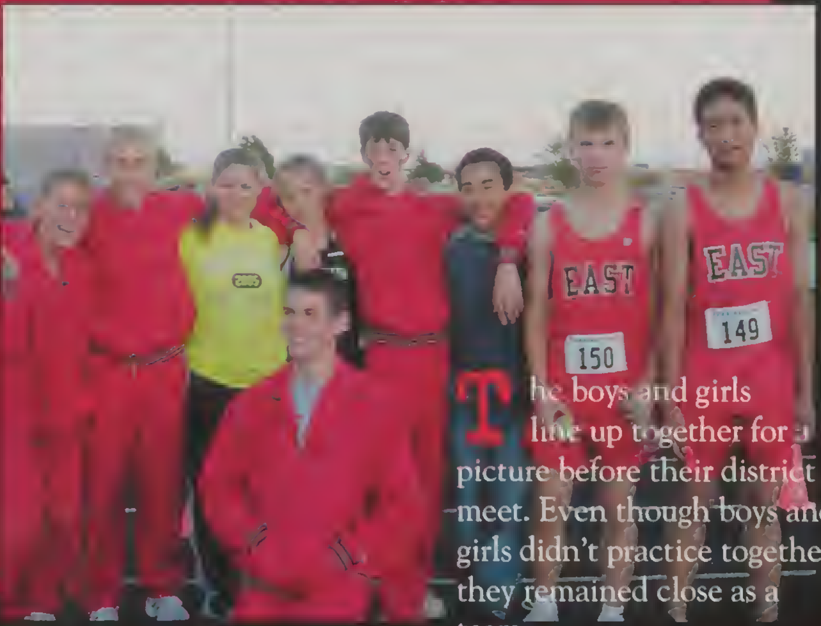
The coaches divided the team for practices. Green Sr. took the boys and Frommelt was in charge of the girls. Practices were usually about an hour and a half and consisted of running many miles and ended with sets of push ups and curl ups.

"Practices were hard. My favorite practices were when we would run up to the capital building. I always enjoyed our practuces because I had a lot of fun goofing off with the other boys on my team," said sophomore **Justin Duckworth**.

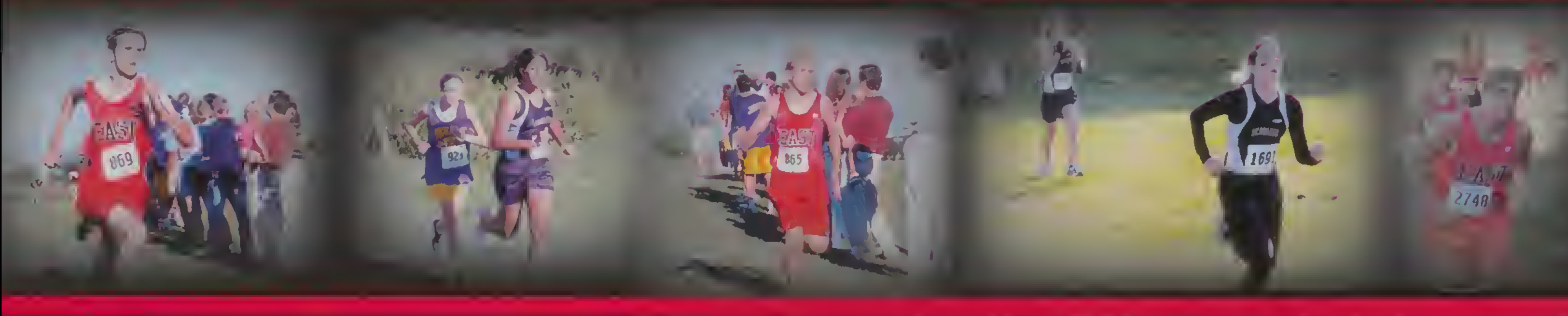
Even though the team was small, the season ended on a happy note. Frommelt said even though numbers were down, a lot of racers improved their times and that's all that matters.

"We were actually in better shape than we were last year," said junior **Lisa Collagan**.

"The coaches are what made us better," said senior **Zachary Reese**.



The boys and girls line up together for a picture before their district meet. Even though boys and girls didn't practice together they remained close as a team.



> “This is my third year on the team and the new coaches brought a lot to the team.
> -JaRae Shelton”

Cross Country Scores

SE Polk	9th
Urbandale	13th
Hoover	5th
Ames	10th
Newton	5th
Waukee	6th
City High	5th
Scarlet	4th
Conference	5th

Junior **Carlton Davis** sprints to finish. “The end is the most important part of the race,” said Davis.

The girls cross country team stretches before their meet. Stretching was important to get the girls ready for running.

Take Down, Take Two!

Story/Layout by Masyn Sayre

AS THE LIGHTS GO OFF and the spotlight comes down you know it's time for the varsity wrestling meet. As the boys stand nervously on the edge of the mat waiting to be introduced, most parents are flipping through the roster to find out when it's their kid's turn.

"Every time I see the spotlight come down and the wrestlers standing around the mat I feel their anticipation and can't wait for it to start!" said senior **Samantha Waters.**

All of this energy makes the sport of wrestling fun for Scarlets!

Long practices after school, weight lifting before school and learning how to control food cravings doesn't sound like the life many people would like, but these are just some of the things the wrestlers have to go through.

"I love pop. I love the taste and the feeling in my throat when it goes down. I almost forgot what it tastes like," said senior **Eric Thavonekham.**

The season lasts roughly three months, not including districts or state. A lot of people would say that they would like to find something else to do or find something that doesn't take so much time and commitment. For others, however, it just isn't long enough to get their speed, strength, and ability up, plus controlling a consistent weight.

"I think that the season should be longer, it doesn't even seem like three months has past already. It goes by too quick," said sophomore **Stanley Fredericksen.**

According to Coach **Larry Jackson**, this year a stunning 50 people showed up at the beginning of the season, but many people had to quit due to injuries and some lacked the self discipline needed.

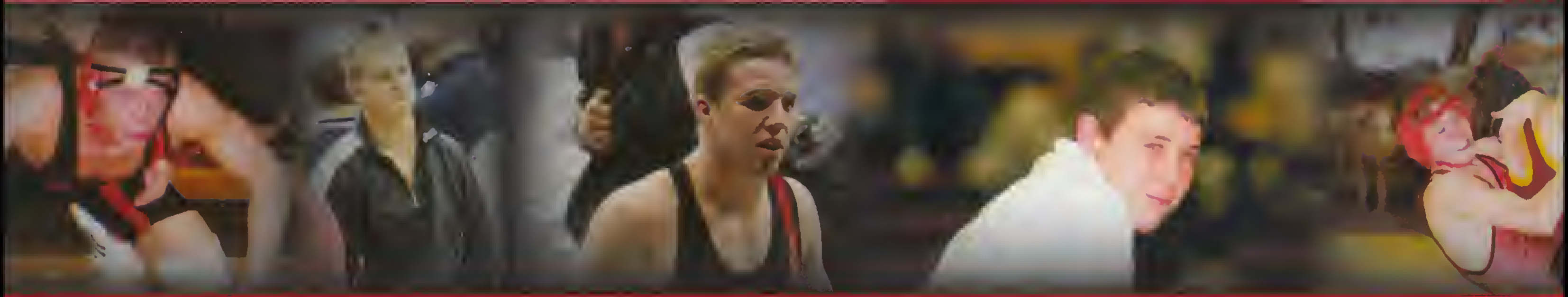
"Maybe people just think it's too hard and decide to give up early, it does get easier, though," said junior **Dusty McAninch**.

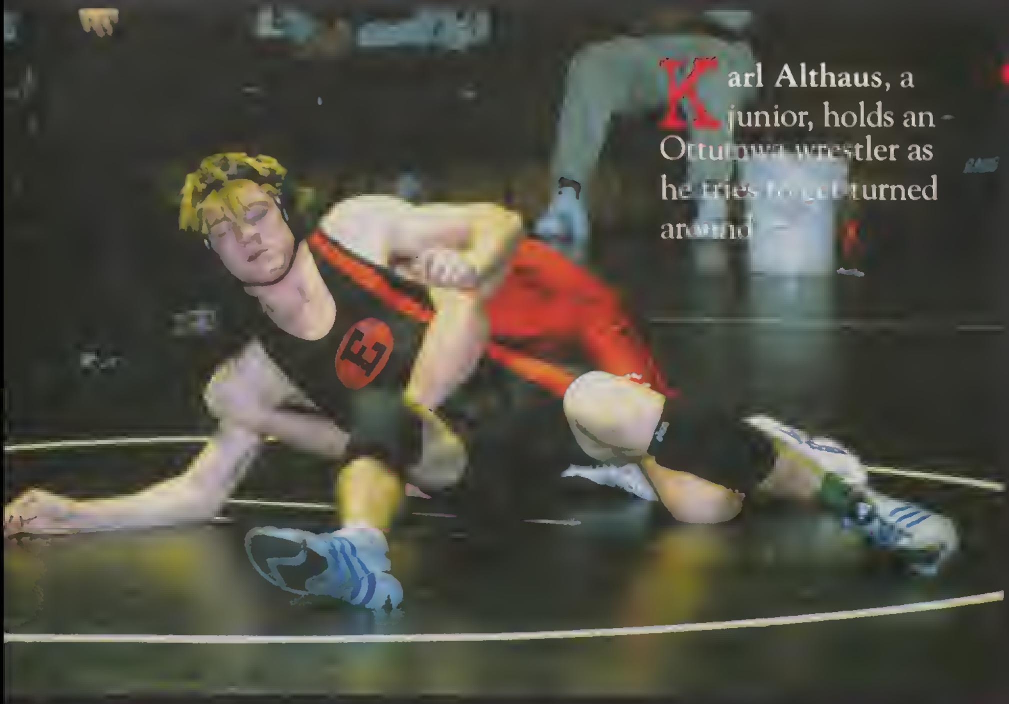
Wrestling takes up a lot of time and many wrestlers have important things planned for the rest of the year like going to dances, getting senior pictures taken, and buying the attire that most of the boys get. All of this plus maintaining a part time job is something that most people do not have the time or the energy for.

"During the season I don't work during the week, I just put in a couple hours on Sundays because of the tournaments on Saturdays," said Fredericksen.

For those who do stick it out there is always a reward for long, hard work. Juniors McAnich and **Bojan Djukic** made it to state this year. McAninch succeeded in his first match, but lost his second. After losing his first match, however, Djukic was granted a consolation match, which he also lost.

"I know we didn't do that great," said Djukic. "But we're coming back next year!"





Karl Althaus, a junior, holds an Ottumwa wrestler as he tries to get turned around.

Varsity Wrestling Scores

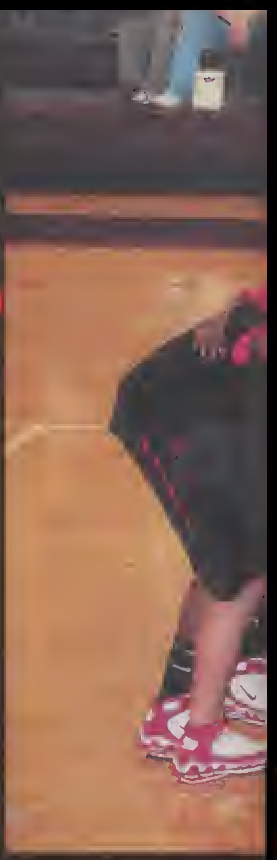
EHS		OPP.
26	Mason City	42
13	Valley	54
21	Newton	46
22	Lincoln	36
18	Roosevelt	51
40	Chariton	28
48	Norwalk	27
24	Ottumwa	56
33	North/Hoover	32
13	Roosevelt	61
13	Urbandale	57
23	Beaton	49
35	North/Hoover	32
18	Dowling	57

Tournaments

D C Grimes	4th
Saydel	7th
SE Polk	6th
Nevada	7th
Ames	9th
Conference	4th
3A District	8th

Bojan Djukic, left, holds on during day 1 at state. Above, **Dalton Price** holds steady against a Mason City grappler. **Elija Seymour**, at right, shows a Lincoln wrestler who's boss. Far right, **Dusty McAninch** pushes hard for the win at state .

EAST HIGH
SCHOOL



Season Of Dreams

Story/Layout by Greg Zubulake

THE VARSITY BOYS BASKETBALL TEAM entered the season not expecting what would happen, but in the end they realized that they would be remembered as one of the greatest teams ever to play at East.

The team finished with an overall record of 14-8 and a Metro conference record of 8-2. Both of these records were the best since 1986.

"It feels really good to accomplish something like that because in 15 years you will remember yourselves not as just another East basketball team, but as one of the best," said senior **Nick Eaton.**

A high point for the Scarlets this season was being the 9th ranked team in the state of Iowa.

"It was cool because East hasn't been ranked for a long time and accomplishing that let people know that the Scarlet basketball team was back," said senior **Royce Phillips.**

"We were also ranked 10th in the state earlier in the season," said Eaton.

This was the first time head coach **Andy Howard** coached and won with a ranked team.

"It felt pretty good because the first game we played when we were ranked was against Roosevelt. We hadn't beaten them in two years and we beat them that night," said Howard.

The team consisted of 7 seniors and 7 juniors.

"We had really good senior leadership. Towards the end of the year when the team was down during a game, I told the seniors that it was up to them if they wanted to win the game. They decided who won and who lost, not the other team," said Howard.

Some other memorable moments for the team were beating Johnston and almost sweeping the Metro Conference teams.

"We hadn't beaten these teams in close to four years. It especially felt good when we played Johnston because it was the season opener and they were ranked 9th in the state and we beat them by close to 20 points," said senior **DeMarco Turner.**

"The Metro conference consists of Hoover, Ottumwa, North, Roosevelt, and Lincoln. We played everybody twice and beat everyone except for number-one-ranked Hoover, where we lost by 2 points," said Phillips.

During the off-season, the team participated in many summer camps.

"One of the camps that we were in was the Simpson camp. Teams from around Iowa participated in it, from Linn-Marr and Bettendorf to Hoover and Lincoln. We played really well and ended up getting second place," said senior **Brendon Kerber.**

The Scarlets will be losing 4 of their 5 starters and most of their bench players.

"We will be losing a lot of our team, but we have some really good juniors and sophomores that should be able to step up and fill the spots that were lost," said junior **Jake Zimmerman.**

Varsity Basketball Scores

EHS		OPP.
85	Johnston	69
52	Indianola	65
74	Lincoln	60
74	Valley	49
87	Roosevelt	70
61	Newton	51
43	SE Polk	45
46	Hoover	60
60	Ottumwa	44
68	Ames	64
96	North	46
56	Lincoln	50
69	Roosevelt	66
43	Hoover	45
69	Ankeny	91
60	Ottumwa	50
64	Waukee	44
60	Mason City	48
68	North	57
65	Urbandale	69 OT
70	Dowling	83

Sub-State

54	Johnston	71

Conf.: 8-2
Overall: 14-8

At left, the team makes a tunnel as starters are introduced at the North game. The Scarlets went on to win 96-46; this improved their record to 8 wins and 3 losses.

Just the Beginning

Story/Layout by Nick Mongar

THE CROWD GREW LOUD as sophomore **Allen Van Gundy** shot his final free throw, sealing the victory over Hoover, and the conference championship .

"I knew that the shot meant a lot and that I just had to make it," said Van Gundy.

Van Gundy and the rest of the sophomore team went on to have a strong record, an improvement over last year's record of 9-9. The team agrees that if it weren't for their teamwork they wouldn't have come close.

"We know each other a lot better this year, we trust each other more," said sophomore **Mike Boyd**. "We know each other's skills and what we can contribute."

On the other hand, some would feel that their success came not from the team's fellowship, but from the people cheering them on.

"Without the cheerleaders and the crowd, they wouldn't have anything getting them pumped up," said sophomore cheerleader **Mackenzie Schmitt**.

The sophomores were led to the conference championship by their Coach **Brian Luft**, who feels that practice was a key ingredient in the team's overall success. But Luft isn't the only person who feels that the team's multiple hour practices, camps, and tough work-outs paid off.

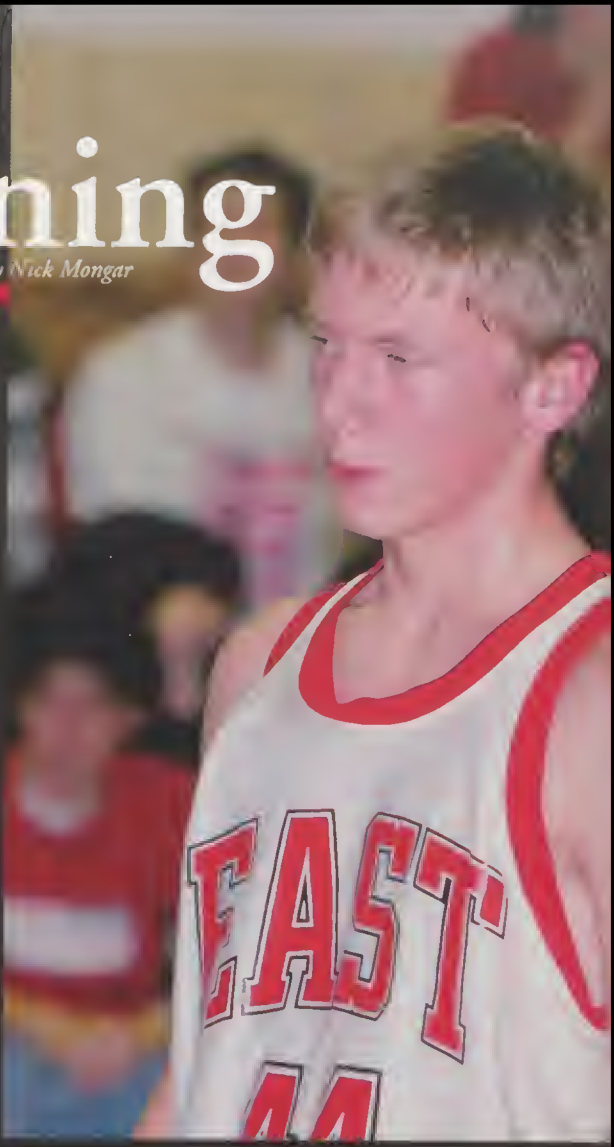
"If you look back on last year, we have really come a long way," said sophomore **Jared Weatherall**. "I think that practicing with the varsity helped us progress and get better.

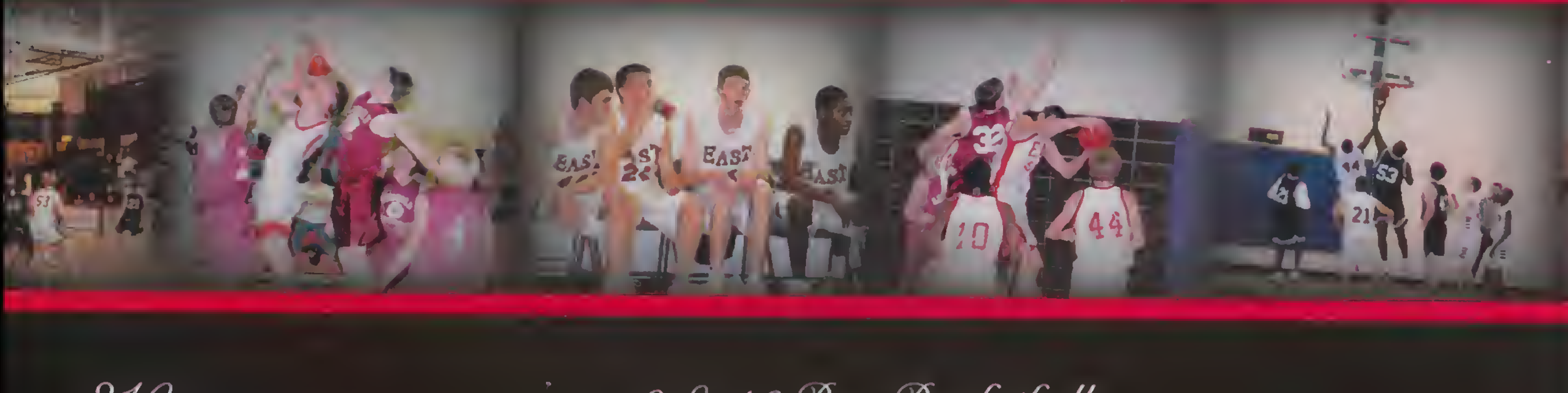
"We just stuck to doing what the coach told us," said sophomore **Cody Bosley**. "We worked hard at practice every day after school."

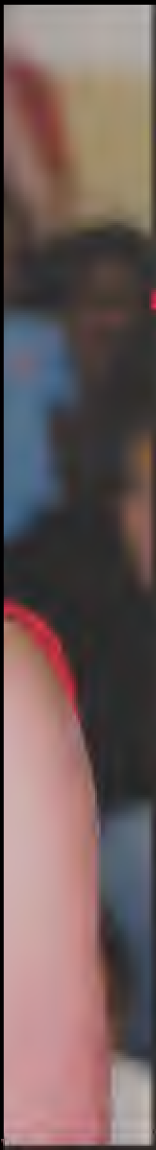
The team isn't finished just yet. They already have high hopes for the years to come.

"I definitely think that you're going to see us in the state tournament," said Bosley. "I think that we just have to work hard during the off season to get where we are wanting to be and that is at the top."

After accomplishing another winning season, Boyd feels that only one thing can be said, "This is only the beginning."







Clockwise from top left: Freshman **Matt Windlund** awaits the start of a game; Windlund was one of the leading scorers for the team. Freshman **Gerard Henderson** knocks an opponent over during a lay-up against Roosevelt. Sophomore **Brett Kelsey** dunks the ball during a game against Roosevelt. Sophomore **Glen Welch** jukes past a CIML defender.

Freshman Scores

EHS		OPP.
54	Johnston	66
58	Indianola	67
77	Lincoln	63
47	Valley	73
60	Roosevelt	64
67	Newton	48
62	Hoover	41
56	SE Polk	51
61	Ottumwa	54
54	North	74
52	Lincoln	61
42	Roosevelt	60
65	Hoover	56
63	Ankeny	79
38	Waukee	75
73	Mason City	65
62	North	58
48	Urbandale	56
41	Dowling	53

0:04
BONUS
PERIOD
61
HOME
4
59
VISITOR

Varsity Girls Basketball Scores

EHS		OPP.
54	Mason City	41
58	Urbandale	56
42	Johnston	45
28	Dowling	33
54	Indianola	39
63	Lincoln	69
41	Valley	70
28	Roosevelt	38
39	Newton	34
30	SE Polk	39
37	Hoover	51
95	North	29
56	Ottumwa	33
33	Waukee	31
53	Ames	46
64	North	29
54	Lincoln	59
44	Roosevelt	67
43	Hoover	45
40	Ankeny	35
43	Ottumwa	44
49	Urbandale	58

Conference: 3-6
Overall: 10-11

Scarlets
EAST
4
NORTH
55
23
54

The Scarlets set up defense against North. East conquered 64-29.

Far right, senior **Brittany Fisher** prepares to rebound a free throw. This was Fisher's fourth year playing for East. At right, the team takes a short timeout to talk strategy.

STATE
QUALIFIER
1993

Shooting for Success

Story/Layout by Nickie Freel and Alyssa Heggen

AS THE BUZZER WENT OFF ending the fourth quarter in the Urbandale gym it echoed in all the girls' ears. As the fans solemnly walked out of the gym, and the players were ushered into the locker room everyone knew the disappointing truth. A year of hard work and determination had just came to an end.

"It was a sad ending to a great year. I wish I could've went on longer," said junior **Becca Hurley**.

East played Urbandale in the first round of sub-state. It was a good game, but ended the Scarlets chance at going to State. The game ended with the score 58-49.

"Everyone was sad that it was over, but we tried our hardest, our shots just weren't falling," said senior **Brittany Fisher**.

The girls prepared vigorously for all their games. During practice they played games to help them improve their skills. These games made the girls quit on there feet and helped prepare them to be more game ready. They practiced every Monday morning 5:30-7:15, and Monday through Friday 5–7 p.m.

"Practices were hard, but still fun," said Fisher. "We learned a lot of defense and still had fun in the meantime."

According to Fisher, playing Valley was the hardest game. It was early in the season and "we just were as prepared as we thought."

"We all looked forward to playing North," said Hurley. "Its such a great rivalry and everyone got to play."

One of the hardest things for the east team was its age. There was only one senior and the rest were underclassmen. Even though the team was young they still had a lot of skill and experience to get the job done.

"Being the only senior was hard. It was frustrating trying to be the leader of the team," said Fisher.

The Scarlets worked hard all season long to finish the year with a 10-11 record.

"It was a great year and we're all excited for next year," said Hurley.

Shooting for three, sophomore **Mar'Netta Rankins** helped the Scarlets gain a lead. Left, **Gianni Beer** looks for an open player to pass to

Run Scarlets, Run

Story/Layout by Allison Carrick

COLLEGE BASKETBALL PLAYER Marvin Phillips once said, "The difference between try and triumph is just a little umph!"

JV and freshmen girls' basketball teams tried to give the extra "umph" to produce a successful season. JV girls stepped up their game this year by practicing with the varsity team.

"We had to workout with the varsity every practice this year so that meant all of our practices were varsity level which pushed us to do way better," said sophomore **Jennifer Johnson.**

"Practicing with the varsity this season was very challenging, but I think it helped us a lot," said sophomore **Stephanie Hernandez.**

One thing incorporated throughout the season in practices and games was the importance of running and doing it a lot.

"On the first day we ran so much three girls got sick. We did a lot of running to get in shape and it made us a better, faster team," said sophomore **Makanani Scarlett.**

"How much we ran depended on how hard we practiced," said freshman **Kim Robinson**. "If we goofed around we ran extra, but if we practiced hard, then we didn't."

Two highlights of the JV season included defeating a couple of East's biggest rival schools.

"It felt really good to beat Dowling and Ankeny because they have two very strong basketball teams," said Scarlett.

The freshman team had an awesome time learning the fundamentals in their first year of high school basketball from Coach **James Turner**.

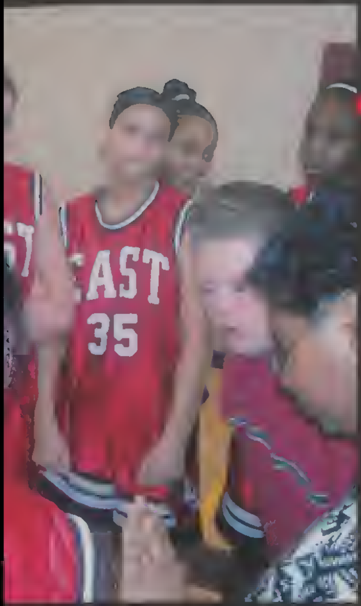
"JT was a great coach. He made coming to practice and games fun. We didn't dread it. He really taught us a lot," said Robinson.

Audri Lu pauses for [illegible] breath between p[illegible] Lidell was named [illegible] captain this season.

Sweat, soul, and struggle pushed them to success this past season while enjoying the game of basketball all along the way.

"My favorite memory from this season was when me and Peewee (Tiffany Porter) did an alley-oop," said Hernandez.

"I loved when I played in the Lincoln game in the fourth quarter when I wasn't supposed to because I was playing varsity but I did and scored five points along with Steph's (Hernandez) three to come back and win the game," said Johnson.

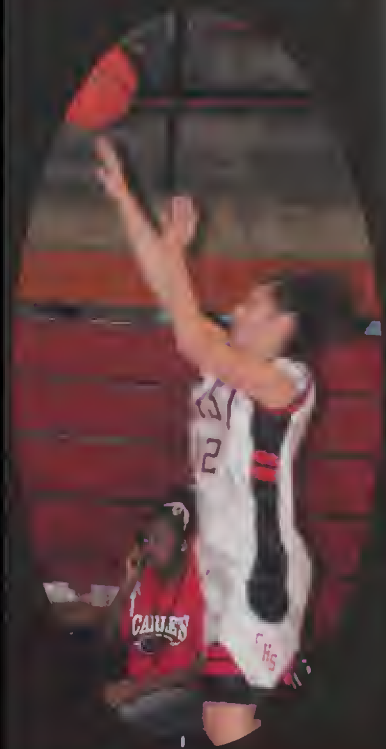


Freshman Scores

EHS		OPP.
28	Mason City	60
43	Urbandale	30
59	Johnston	39
46	Dowling	36
24	Indianola	45
44	Lincoln	40
60	Valley	31
39	Roosevelt	29
29	Newton	57
53	SE Polk	50
24	Hoover	52
29	North	50
39	Ottumwa	42
41	Waukee	26
35	North	65
44	Lincoln	41
59	Roosevelt	43
40	Hoover	60
45	Ankeny	49

JV Scores

EHS		OPP.
68	Mason City	15
39	Urbandale	53
38	Johnston	44
49	Dowling	42
46	Indianola	19
39	Lincoln	50
47	WDM Valley	29
47	Roosevelt	42
54	Newton	48
25	SE Polk	31
46	Hoover	30
56	North	16
31	Ottumwa	40
49	Waukee	40
35	Ames	40
54	North	28
43	Lincoln	45
30	Roosevelt	50
45	Hoover	25
44	Ankeny	37
47	Ottumwa	45



Superstitions in Sports

Story/Layout by Matt Grochala

Avoid holding more than two balls at a time when serving in tennis. Also wearing the color yellow brings good luck.

If a pitcher is throwing a perfect game or a no-hitter in baseball, never speak of it while it is going on or it will break up.

When running in and out of the dugout during baseball, it is bad luck to touch the chalk on the base path.

When changing teams in football, it is bad luck to change numbers.

Wiping the soles of your sneakers and bounce the ball before taking foul shots in basketball.

Starting with only an odd number clubs when golfing is good luck.But starting with more than 4 balls is bad luck.

Dropping the spirit stick in cheerleading will bring bad luck to the squad that dropped it.

Carrying charms on your bowling bag, in your pockets & on your neck will bring good luck.

Spitting into your hand before picking up the bat is said to bring good luck in softball.

Season Ends With Challenges Ah

Story/Layout by Adam Crane

THE BOYS' TRACK TEAM had a good season in 2005 placing well at every meet and placing in two events at Drake Relays. However, they lost many well-seasoned athletes that graduated and will face many challenges in the coming season.

"We lost some very good senior leadership last year and they will be tough to replace but there are already several team members that are standing out as definite leaders and we will rebuild," said Coach Mel Green.

The Drake Relays are a yearly event where Iowa's top track team members compete in various track and field events. Coaches from around the state send in top times and scores and the top 16-32 compete in each event. The Relays were considered a success by most, with the 4 X 100 team placing fourth and alum Robert Thompson taking first in the 100m.

"We didn't do quite as well as we have in years past but it was a strong finish nonetheless," said Green.

The team lost nearly a quarter of its more than 40 members at graduation, many of which had been in track for their entire high school careers. One of the hardest hit areas was the team's distance runners.

"The problem isn't that we don't have fast people, it's that we don't have people that have the endurance for long races," said sophomore Daryl Saunders.

"One of the biggest challenges this season is definitely rebuilding our distance program to its former level," said Green.

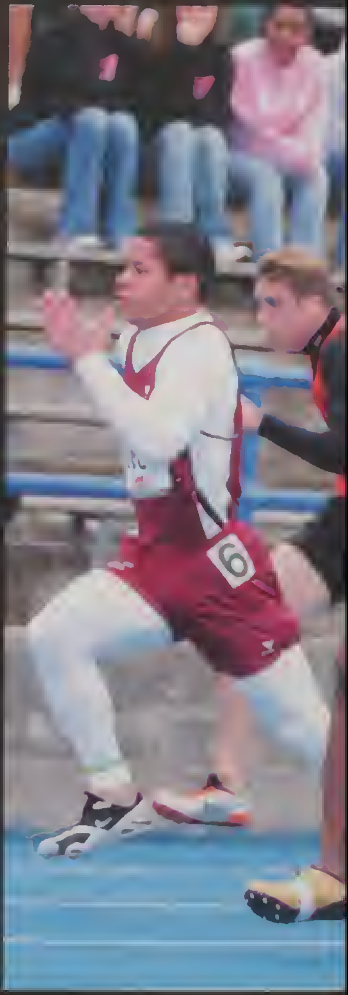
An important issue presented by the loss of so many seniors is the missed leadership that they usually provided as examples of teamwork and sportsmanship to younger competitors.

"Sticking together as a team is extremely crucial for us to be successful," said Saunders.

East finished with a strong season, but they will face many challenges with the loss of so many team members in the coming season.

"It is definitely going to be hard next year but we will bounce back," said Green.

> "Teamwork will be critical to our success or failure. If we don't stick together, we don't stand a chance."
>
> -Sophomore Daryl Saunders



Alum Travis Scott does stretches before practice. A third or more of each 90 minute practice was devoted to limbering up.

ead

Boys' Track Scores

Simpson HS Classic	4th
Warrior Wilkinson Relays	8th
Don Graves Classic	2nd
Urbandale Invit.	4th
Hi Covey Relays	4th
Roosevelt Invit.	2nd
Forwald Relays	4th
Conference meet	4th
Regional meet	3rd
State meet	12th

Alum Robert Thompson charges ahead to victory in the 100 meter at Drake relays. It was one of only two events East placed in at Drake.

Alum Tyrone Johnson clears the six foot mark at practice. Coach Green attributed their successes to a rigorous practice schedule.

Anguish Equals No Fear

Story/Layout by Beth Mayes

THE TRADITION CARRIES ON another year as eight girls qualified for state, making their eighth win at a city meet in nine years.

Sophomore Laurel Murphy, junior Amanda Enochs, and alums Carissa Hibben, and Elyse Logan were state qualifiers for the 4x100, also making conference champions in the shuttle relay along with seniors Shannon Wagner and Mallory Johnson.

According to Coach George Davis, every girl's goal is to be a state champion and these girls did that.

The Newcomer of the Year award went to sophomore CheKesha Clark and Murphy. The award is given to runners with outstanding performances.

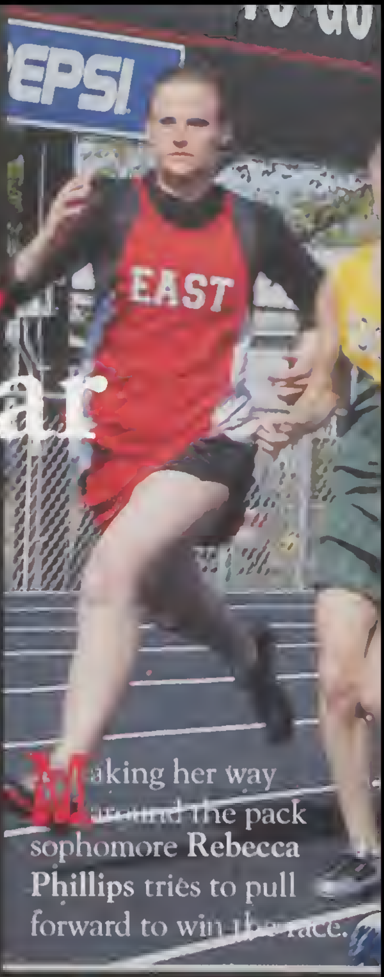
Nothing could stop Murphy from achieving that, including the splints she had to wear on her ankles. Murphy won three events and finished second in a fourth event at the CIML Metro Conference meet including the 4x100 meter relay, the hurdle relay, and the sprint medley relay. Murphy was also a city champion.

"We had a very successful season. There were 54 girls that put their heart and soul into it," said Davis. "They had great attitudes, that's why the season was so successful, hopefully the tradition will carry on in years to come."

The season was so successful due to the hard work during practices. Practices consisted of stretching, jogging long distances, sprinting, jumping hurdles, and high jumps. Runners do the same thing during practice that they do at the meets, that means that everything is done twice.

"Practices were hard but it helped us a lot with our stamina and endurance before a meet," said sophomore Rebecca Phillips.

"I ran the 800, which was hard but it showed me if I could achieve my goals and push myself to be better," said sophomore Kayla Koeppen. "It was a learning experience."



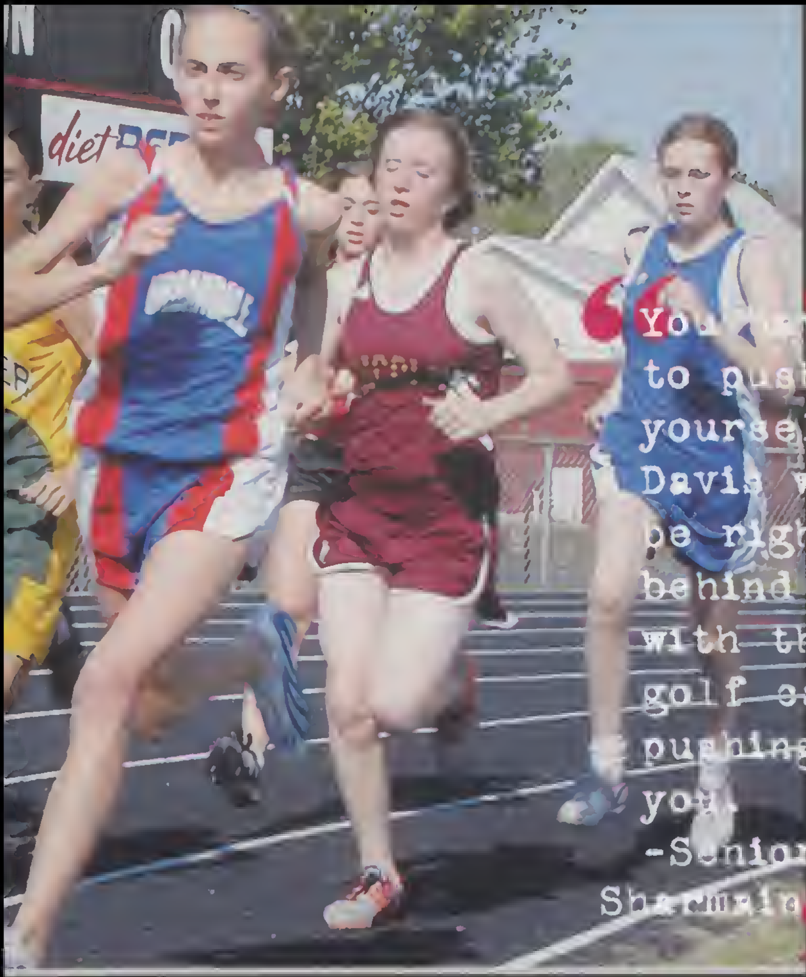
Making her way around the pack sophomore **Rebecca Phillips** tries to pull forward to win the race.

EAST
HOOVER HUSKIE

Senior Shannon Wagner leads a pack of hurdlers to the finish line. Wagner also was first at conference with the shuttle relay.

SIMPSON/INDIANOL

EAST
EAST
EAST



"You have to push yourself or Davis will be right behind you with that golf cart pushing you."
-Senior Sharmaine Lee

Girls Track Scores

MEET	PLACE
Waukee Relays	4th
SE Polk Relays	4th
Johnston Relays	2nd
Saydel Relays	1st
Ames Relays	1st
Lincoln Relays	3rd
Lee Town Relays	2nd
Hawkette Relays	3rd
Metro Meet	3rd
District Meet	3rd

EAST
SIMPSON/INDIANOLA

Starting out neck and neck, sophomore **Laurel Murphy** takes the first place by a tremendous lead.

Sophomore **Chekesha Clark** runs the 400 sprint medley at Drake Relays. Clark was also a state qualifier.

Bad Courts but Better Season

Story/Layout by Jennifer Harmon

WATCHING THE US OPEN, junior Kelsey Treen notices how tidy and well groomed the tennis courts look on TV. As these thoughts fill her head, she reflects on her school's tennis courts. She smiles thoughtfully when remembering the fault-line sized cracks that line the edges. Giggling aloud, she reminisces about the trees sprouting in those cracks.

Treen, along with her teammates, battled the terrain of the courts, embracing its quirks, while managing to take a few wins in last spring's tennis season.

"I sprained my ankle on that tree. I guess they took it out though, which makes me sad. It was our team tree, I gave it high fives and everything," said Treen, who was 5th seed varsity doubles.

"Our courts look really bad, they have sagging nets and for some reason there's always dead worms all over," said junior Thinh Luong who played JV.

Some players found the tattered courts to work to their advantage. It gave opponents a false impression of what was to come.

"The other teams would see our crappy courts and think we were going to play really bad," said senior Andy Sengaphone, "but then they would play us and see that we were actually pretty good." Sengaphone played both 1st and 2nd seed varsity singles.

Although the courts leave something to be desired, the team found the strength to better their skills with the help of their coaches. New coach Randy Barrick and returning coach Lorene Nelson collaborated and brought a few new ideas to practice.

"I had coached at another school for three years so I brought some drills that I had used there," said Barrick.

"1, 2,3. Eastside Tennis!" yell both teams. This phrase was chanted after every practice.

These after-school practices involved: conditioning, serving, net-work, and footwork, which gave the teams the endurance to win. According to the coaches, both teams improved greatly.

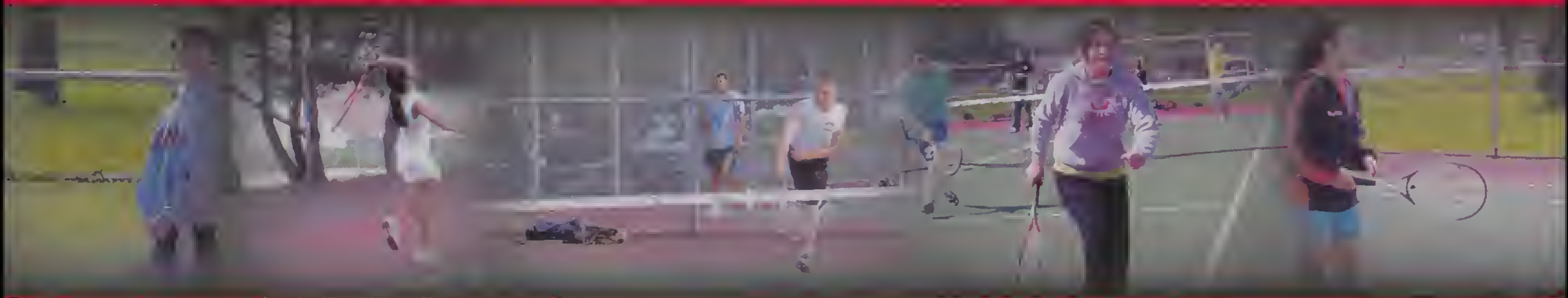
Nelson said the girls "did much better than last year, we won more and came so close to winning" other matches.

Even with this season being better than the last, some players still felt neglected. Few fans, despite family, came to watch the players battle it out. The team takes this in stride though, making jokes about their lack of fan-base.

Sengaphone said, "If more people came to watch I'd have more pressure to win" but they are missing "my infamous serves."

"Can't we be like the Bad News Bears?" said senior JV player JaRae Shelton, "People cheered them on."

As Coach Nelson gives the girls a pep talk, **Sam Camm, Mary Son, Rachel Troyer,** and **Dana Troyer** listen intently.



Below, Coach **Randy Barrick** hollers drills at players. At right, junior **Devin Cipperly** awaits an oncoming ball.

> “Our team is really down to earth.
> -Ve Kheuakham”

Working on his serve, junior **Chirasath Saenvong** warms up at practice. Practices were held every day after school.

Right, alum **Laura San Elias** kicks the ball to the goal as Lincoln tries to take it away.

Left, alum **Cassi Bainter** fights with an opponent to gain control of the ball. At right, the Scarlets try to break through Lincoln's defense to win the game.

Kicking Up A New Tradition

Story/Layout by Nickie Freel

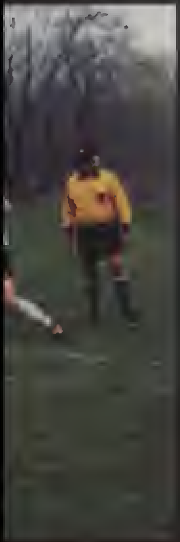
GIRLS' SOCCER IN SPRING of 2005 went well with the nine wins and nine losses that the girls achieved using good teamwork and lots of practice. The ending for the team's season was sad with the retiring of both the coach and the assistant coach. For the following season, the search for a new coach and assistant coach had begun.

For Livvy Wellwrich, the assistant coach, the players gave her flowers for one of the most memorable and fun seasons. The flowers were given to her the night they handed out the awards to the seniors. The team wasn't sure if Coach Brad Ballard was retiring or not, so unfortunately there wasn't anything special given to him.

According to senior Alyssia Rivera, both of the coaches have taught her lessons in and out of soccer.

Last spring, junior Jennifer Cantwell made the leading score with 13 goals. She played as a forward position on varsity. Sophomore Gianni Beer made the second leading score with 12 goals.

"I think I did pretty good last year," said Cantwell. "A few of the girls made goals off of my corner kicks."



At the Metro Conference, four players from the team made it onto the first team. This included Cantwell, junior Rebecca Hurley, alum Silvia Aguayo-Torres, and Laura San Elias. Unfortunately, no one had made it on the second team. Senior Rachel Diver and Beer had the privilege of making honorable mention.

"It was exciting to go to conference last spring for my sophomore year," said Hurley, "especially since I was on the first team."

When the games weren't being played and practices weren't going on at the moment, the girls had fun and hanging out with their team members, coaches, and whoever else was around. Before games the girls would talk about anything other than the game and the other team. This would help out if they were nervous before they were about to play.

Beer said, "For it being my first year to play soccer at EHS and being a freshman, I was scared and sometimes intimidated before we played our first couple of games. But the other players would calm me down, which helped."

Introduction Of Champio

Story/Layout by Chris Piatt

AS SEVENTEEN OF THE VARSITY soccer players graduate, they leave the school and team feeling like true champions. After winning their first tournament, the Scarlet Classic, they put East on the board of champions.

"Our varsity players were very talented, they worked really hard on the field and in the weight room, which was really needed to make this team great," said Head Coach Derek Lounsberry.

The varsity boys soccer team was very diverse in terms of age last year. There were many freshmen on varsity, with the largest number of seniors seen in many years. But with so many players graduating, only four varsity seniors return to play this year along with sixteen juniors.

"The senior class last year was huge and amazing. They were some of the best players East has ever seen," said Assistant Coach Christian Ezel.

As alum Gustavo Ceballos graduates, he leaves an example for younger players to follow-first team All Conference and East's all-time lead scorer with 29 career goals while playing for East. Ceballos also leaves as the East's all-time leader in assists with 13.

"I just hope we have guys who can live up to Gustavo's abilities, but also be able to play with the team like he did, they were great playing together, it wasn't just about giving the ball to Gustavo," said junior Adam Van Helton.

Practices were based on the same concept as the last season, but with much, much more running than last year. Also, more emphasis was placed on the weight lifting last year in order to boost strength and endurance.

"We ran and ran and ran last season, we needed the extra conditioning in order to help us outplay the competition in the last halves of the games, when we needed it the most," said Ceballos.

The season was very inspirational to the younger players. The team entered the Scarlet classic with three other teams that included North High School, Des Moines Christian, and North Polk. The Scarlet's first game was against North Polk where East won 5-0.

"This year was great because we got to learn from the best right before they left, so they were at their peak form," said freshman Cody Bowers.

The championship game was played against Des Moines Christian where the game ended with a sudden death penalty kick shootout. East won the tournament, 6-5.

"Our team came to compete this year, and that was important," said Lounsberry. "Past teams didn't really think they were ready to play. They scored goals, won some games, and had fun in the process."

Team members Ben Heaberline and Todd Claiborne stand in the huddle between games. Both Heaberline and Claiborne received conference honors at the end of the season.

ns

> "We had a great mix of guys who were willing to do anything for the team.
> -Coach Lounsberry"

Players scramble as the ball is popped up during a game against Lincoln. East beat the Railsplitters by a single goal in their only contest last season.

Varsity Boys Soccer Scores

EHS		OPP.
2	Ankeny	5
2	Albia	5
3	Lincoln	2
5	North Polk	0
1	DM Christian	0
2	Indianola	4
3	Mason City	1
0	Valley	7
1	Newton	4
0	Roosevelt	6
2	Hoover	6
4	Ottumwa	6
0	Johnston	3
0	North	3
0	Roosevelt	4

Scarlet Classic

EHS		OPP.
5	North Polk	0
6	DM Christian	5

CIML Standing: 5th
Conf.: 1-4
Overall: 4-11

Standing shoulder to shoulder for the national anthem, the players focus as a team

Turkeys, Brooklyns, Spares, Oh My!

Story/Layout by Ashley Kasper

"SPARES AND STRIKES GUYS," said Coach **Doug Davis** to his team at the Sub-state high school bowling tournament, Saturday, February 18. "Spares and strikes."

This season, no cuts were made during the tryouts to the boys or girls. All the kids who didn't make it on varsity or JV were put on a reserved list. They still went to all of the practices, but didn't bowl in every meet.

"I wanted to develop the skills of the kids that did not qualify for varsity or JV this year so that we would be stronger for next year," said Davis.

Most kids that were reserved members like the idea of being on the team rather than just not making it at all.

"I like that I got a chance to be a part of the team, I got to bowl in a few meets and help out my team," said sophomore **Jake Belcher.**

The boys placed second in their conference and had a 7-3 record for varsity and an 8-2 record for JV.

"We did awesome this year, it's a great comeback from our single win last year, and it'll be exciting to see just how good we are next year," said sophomore **David Sappenfield**.

The girls came in third for their conference with records of 5-5 for varsity and 7-3 for JV.

"We had a young team this year," said Davis, "and I could not be more pleased with our season."

"We supported each other and had good teamwork; I think that that helped us a lot," said senior **Lindley Warren.**

The season ended after the sub-state tournament, where the boys placed fourth, narrowly missing qualifying for state.

"There were only 24 pins away from third place and only 30 pins away from second," said Davis, "which is very, very close, they did very well."

The girls received fifth place but did not let East come home empty-handed.

"Our number one varsity girl, and team captain, Ashley Kasper, ranked seventh out of the attending girls in the tournament, which made her eligible for state," said Davis.

Only the top eight girls and boys are eligible for state.

"She did a good job and we were all proud of her," said junior **Jennifer Davison.**

Luke Davis came close missing eighth place by only three pins.

The team experienced a loss during the season this year. Their former coach, **Larry Pecina**, passed away in December, 2005.

"In the short time that I knew Larry it became obvious to me that he was a great teacher and coach to the kids. I was proud to call Larry a friend, and I am honored to continue what he had started with the team," said Davis.

Senior **Chris Bennink** said, "He was a cool guy and will be missed by all of us."

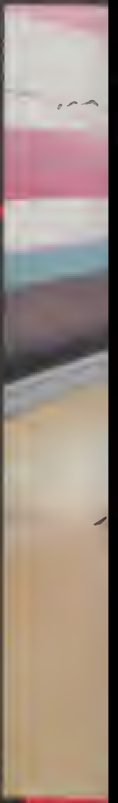
As far as practice goes, bowling and having fun was what it was all about.

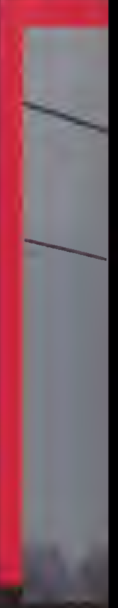
Sophomore **Brittany Grochala** said, "It was most fun when we all just hung out and helped each other, we had bundles of fun!"

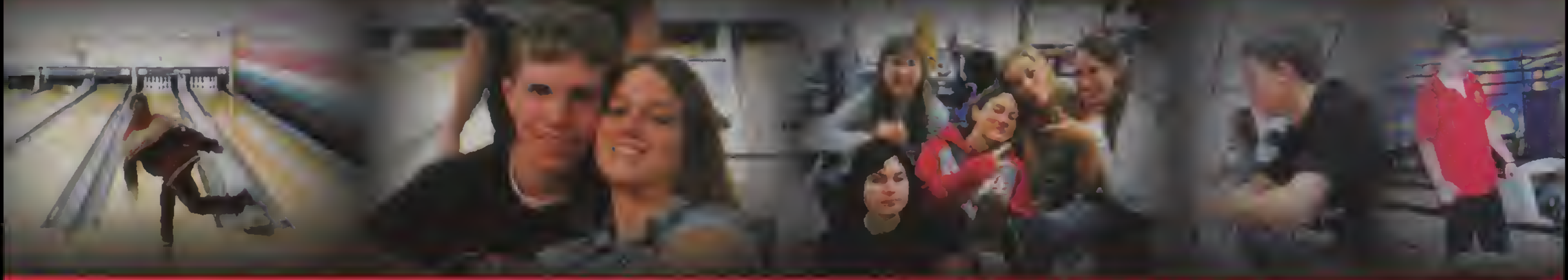
The team traveled almost every Tuesday and Thursday to practice during the winter months. Their home alley was Bowlerama, where they did much of their pre-season practicing, but where they practiced otherwise mostly depended on where their next meet was located, according to Davis.

"I liked that we practiced at the alley we'd be bowling at for that week, it gave us a chance to get a feel for the lanes," said junior **Luke Davis**.

"We had a great season," said Coach Davis. "We are losing a lot of talent this year with the senior boys leaving us, but we have a lot of up and coming bowlers and I am very optimistic about next season."







Jennifer Davison, left, approaches the lane to bowl another ball. Davison, a junior, worked very hard during the season and improved her average from a 110 to a 146.

Player Averages

Boys		Girls	
Steven Bales	146	Jamie Belcher	[illegible]
Trevor Beals	121	Valerie Coe	[illegible]
Jake Belcher	156	Jennifer Davison	[illegible]
Chris Bennink	191	Brittany Grochala	[illegible]
Jon Bixler	161	Kasey Jensen	[illegible]
Pat Cooper	134	Ashley Kasper	[illegible]
Luke Davis	193	Lacey Leichliter	[illegible]
Aaron DeGoey	136	Kelsi McCuen	[illegible]
Jordan Gillaspy	184	Abby Meysenburg	[illegible]
Nate Harvey	182	Emily Rubenking	[illegible]
Colten Harvey	138	Lindley Warren	117
Ryan Hilding	132	Amber Woxell	[illegible]
Daniel Lloyd	138		
Jake Mitchell	132		
Antonio Nizzi	139		
Brad Pinegar	192		
Justin Porter	167		
Ryan Remus	146		
Alan Rubenking	168		
David Sappenfield	173		
Matt A. Smith	182		
Matt L. Smith	161		
Brett Toncar	166		
Casey Turner	105		
Andy Weber	145		
Stephen West	130		

Luke Davis and David Sappenfield, far left, take a break during their practice to sit back and watch the team. The varsity girls, bottom left, pop a squat during practice to sit and chat. Sappenfield and Jake Belcher, middle left, high five after a strike. High fives are given often in bowling. Jordan Gillaspy, top left, concentrates on bowling a strike. Gillaspy had an average of 184.

Scarlet Sports

VARSITY FOOTBALL

Front Row: Daryl Saunders, Jimmy Hill, Lee Chan, Taylor Miller, Mikeal Shade, Ben Rokes, Peter Barlean, Ben Hurley. Row 2: Jamar Butch, Robin Mickens, Robert Banner, Stuart Hall, Ashli Walker, Dusty McAninch, Mike Teasley, Amara Sama, John Wells. Row 3: Asst. Coach Ted Christensen, Asst. Coach Ed Jennings, Asst. Coach Bob Roberts, Asst. Coach Greg Schoon, Head Coach Rick Roberts, Asst. Coach John Walling, Asst. Coach Tron England, Asst. Coach Patrick Lewis, Asst. Coach Don Mauro, Asst. Coach Carl Drautz Row 4: Asst. Coach Ken Burgess, Asst. Coach Kevin Sorenson, Blake Horch Josh Myer, Matt Grochala, Brett Tončar, TJ Page, Asst. Coach Byron Williams, Asst. Coach Bob Bagley. Row 5: Bryan Loftus, Gary Reicks, Elija Seymour, Ben Ballard, Michael Smith, Scott Jensen, Eldon Compos Anderson, Antonio Carter. Row 6: Luke Griffith, Jake Hastings, John Hauge, Brandon LaBelle, Demetrius Frazier, Brandon Brown, Aaron Jordan, Doug Feldmann. Back Row: Cory Rankins, Neil Issa, Tim Lotty, Nick Eaton, Tad Hoover, Robert Frye. Not Pictured: Nate Williams, Austin Elder, Cody Bosley, Joe Anderson, Sean Logan, Donovan McClain, Peter Barlean.

FRESHMAN FOOTBALL

Front Row: John Audus, Kyle Blair, Jamel Bolden, Ryan Cam, Sam Campbell, Will Chatman, Chuck Cook, Michael Corolos, Andre Coyle, Anthony Cross, Shane Cross, David Davis, Brad Davison, Eric Feldmann, Jeff Frye, Liz Goday, Sergio Gonzalez, Ryan Guile, Jordan Harmon, RJ Harris, Robert Hawthorne, Jordan Henkle, Brian Hensley, Jonathon Hernandez, Joe Kingery, Kurtis Leuang, Jacob Mann, Alec Martin, Tyler Miller, Marshall McKay, Antonio Nizzi, Doan Ngygen, Cody Oliver, Jordan Owen, Daniel Padgett, Steven Patrick, Juan Rincon, Marvin Robinson, DeAngelo Rosenbalm, Kiandre Smith, Brett Spaur, Justin Stookey, Chris Sullivan, Billy Titus, Leo Ukpan, Brad Underwood, Ryan Verwers, Jay Villalobos, Aaron Vincent, Ashton Walker, Derick Wilson, Head Coach Carl Drautz, Asst. Coaches Bob Bagley and Ken Burgess.

SOPHOMORE FOOTBALL

[illegible] Joe Anderson, Austin Elder, Pat [illegible] [illegible] W[illegible] Sean Logan, [illegible] D[illegible] [illegible] [illegible] [illegible] Nick Mingo, [illegible] [illegible] [illegible] [illegible] Dawson, [illegible] [illegible] [illegible] Asst. Coach Byron Williams [illegible] [illegible] [illegible] Jersey [illegible] Rob[illegible] [illegible] [illegible] McC[illegible]n, Justin Lewis.

GIRLS BOWLING

Lindley Warren, Lacey Leichliter Ashley Kasper, Brittany Grochala, Jennifer Davison, Jamie Belcher, Abby Messenburg Not Pictured: Amber Woxell, Valerie Coe, Kelsi McCuen, Emily Rubenking, Kasey Jensen.

BOYS BOWLING

Front Row. Jake Belcher, Chris Bennink, Luke Davis, Jon Bixler. Back Row: Matt Smith, Justin Porter, Alan Rubenking, David Sappenfield, Brad Pinegar, Brett Toncar, Nate Harvey, Andy Weber, Coach Doug Davis. Not Pictured: Jordan Gillaspy, Ryan Remus, Steven Bales, Antonio Nizzi, Colten Harvey, Daniel Lloyd, Aaron DeGoey, Pat Cooper, Ryan Hilding, Jake Mitchell, Stephen West, Trevor Beals, Casey Turner.

JV VOLLEYBALL

Front Row: Alyssa Ellis, Amanda Rash, Samantha [illegible], Dani [illegible]. Row 2: Tiffany Gutierrez, Kasandra Jensen, [illegible], Kristi [illegible]. Back Row: Chelsea Larsen, Coach Terrie Fenstermann, Asst. Coach Beth Dermo, Tiffany Daugharty.

FRESHMAN VOLLEYBALL

Front Row: Meribeth Mullin, Coby Bacam, Ashley Dameron, Kimberly Robinson. Row 2: Erika Rocky, Alyssa Betts, Missy Ulmer, Dropped. Back Row: Cecily Ambroson, Jocelyn Perkins, Coach Susan Hook, Katelynn Smith, Kylie Vry.

GIRLS GOLF

Front Row: Abigail Dawson, Ashli Walker, Kaytie Ryan. Back Row: Coach Lowell Long, Rahni Janssen, Heather Alexander, Allison Smith. Not Pictured: Samantha Smith.

VARSITY VOLLEYBALL

Front Row: Heather Kingen, Audri Lu, Ashley Logan, Laurel Murphy. Row 2: Jennifer Johnson, Addison Speck, Carrie Hatfield, Makanani Scarlett, Jennifer Cantwell. Back Row: Jennifer Radley, Coach Terrie Fenstermann, Asst. Coach Erin Kramer, Tiara Mays.

CROSS COUNTRY

Front Row: Taylor Whittington, Phovthasac Keopraseuth, Nick Newcomb, Zachary Reese, Coach Mel Green Sr., Sarah Lown, Coach Keri Frommelt, Josh Eaton, Logan Miller, Carlton Davis, Ian Beck. Row 2: Justin Duckworth, Austen Winterbottom, Lisa Collagan, Kaeli Helm, Shelby Smith, Stephanie Jansen, Jocelyn Brown, Chris Miller, Luis Mata. Back Row: Karissa Morton, Becky Phillips, Jennifer Lyon, Sarah Perkins, Amy Flaherty, JaRae Shelton.

Scarlet Sports

VARSITY BOYS BASKETBALL

Front Row: Trent Smith, Ryan Brouwer, DeMarco Turner, Devin Cipperly, Sydney Hill, Greg Zubulake. Row 2: Megan Gabriel, Brandon Brown, Jay Hanson, Aaron Jordan, Tyler Luft, Trish Barton. Back Row: Royce Phillips, Brendan Kerber, Asst. Coach Greg Schoon, Head Coach Andy Howard, Asst. Coach Brian Luft, Jake Zimmerman, Nick Eaton.

SOPHOMORE BOYS BASKETBALL

Front Row: Jared Weatherell, [illegible] Luft, Cody Bosley, DeAngelo Hill, Glen Welch. Back Row: Mike Boyd, [illegible] VanGundy, Coach Bruce Luft, Joe Jackson, Brett Kelsey

BOYS SWIMMING

Front Row: Travis Stewart, Tim Bolander, CJ Hughes, Spencer Starrett, Jimmy Edwards, Robert Ramore, Jake Edwards, Alex Heggen, Jared Nachtigal, Kyle Hutchins, Trent Houser. Row 2: Asst. Coach Dustin Cassler, Zac Mitchell, Tyler Cox, Robert Cotter, Ethan Van Helton, Head Coach Erin Lowe, Kristian Lodden. Left Wing: Dan Kealy, Capt. Chris Piatt, Mitch Avitt, Andrew Davis-Williams, Capt. Josh Eaton. Right Wing: Sam Warming, Ian Beck, Jamie Farrington.

FRESHMAN BOYS BASKETBALL

Front Row: Gerard Henderson, Marcus Smith, Gage Rhoades, Matt Widlund. Back Row: Eric Feldmann, Kian Wiand, William Chatman, Tyler Stumme, Leo Ukpan, Sam Campell.
Not Pictured: Herb Holder, Jordan Owen, and Sam Sheldon.

JV GIRLS BASKETBALL

Front Row: Stephanie Hernandez, Audriana Lu, Tiffanie Porter, [illegible] anan Scarlett. Row 2: [illegible] Heard, Jennifer [illegible], Kayla [illegible] Marnetta Rankins. Back 3: Ashley Yingst, Asst. Coach [illegible] Stokes, Coach [illegible] Heller, Jenny Carroll.

VARSITY GIRLS BASKETBALL

Front Row: Shelby Smith, Stephanie Hernandez, Audriana Lu, Tiffanie Porter. Row 2: Jennifer Radley, Gianni Beer, Mar'Netta Rankins, Kayla Koeppen, Jennifer Johnson, Becca Hurley. Back Row: Ashley Yingst, Tia Mays, Asst. Coach Mel Green Sr., Head Coach Sam Powell, Asst. Coach LaTonya Stokes, Brittany Fisher, Tiara Mays.

FRESHMAN GIRLS BASKETBALL

Front Row: Stacia Mattix, Miranda Henderson, Kim Robinson, Tram Do. Row 2: Mg. Shandy Sisamounth, Antoinae Brown, Shea Stevenson, Skylar Johnson, Ashley Peavy, Mg. Ariel Jetty. Back Row: Cecily Ambroson, Megan Conkel, Kyeasha Buckner, Brianna Robinson.

GIRLS SWIMMING

Front Row: Tiffany Carroll, Megan Thurmond, Kelsey Anderson, Jami Bowen, Alexis Timm, Jessica Cantwell, Jennifer Butler, Mindy Armstrong, Emily Mullen, Kasey Barker. Row 2: Alicia Dale, Jade Manning, Kyle Rowe, Ashley Hughes, Norelle Buffalo, Breanna Fousek, Ashley Mendenhall, Lacey Flaherty, Brittany Wilkinson. Back Row: Sarah Strock, Katelyn DeHaan, Anna McCourt, Katie Smith, Coach Stan Thopmson, Asst. Coach Eric Galvin, dropped, Meredith Breton, Michelle Jackson, Kathryn Bauman.

Scarlet Sports

VARSITY BASEBALL

Front Row: Derek Wennekamp, Brian Doornenball, Kenneth Savage, Devin Cipperley, Chris Bennick, Jeffery Jones. Row 2: Eric Howser, Joshua Dunham, Matt Grochala, Gregory Zubulake, Robert Banner, Marcus Wadsworth, Alan Althaus. Back Row: Nicholas Eaton, Justin Denham, Coach Brian Luft, Tyler Luft, Asst. Coach Scott Rourke, Drew Beals, Joseph Hart. Not Pictured: Timothy Bolton.

VARSITY BOYS SOCCER

Front Row: Walter Mendez, Khone Kavan, Derek Khamma, Gustavo Ceballos, Danny Phommisay, Chris Lopez, Ramito Cardenas. Row 2: Derek Rodriguez, Gene Beakler, Cody Bowers, Pedro Leanos, Jesus San Elias, Alfredo Gutierrez, Aaron DeGoey, Luis Gomez. Back Row: Chris Casillas, Cesar Contreras, Sohe John, Ben Heaherlin, Coach Derek Lounsberry, John Wells, Saul Ceballos, Nick Lange. Not Pictured: Todd Claiborn, Orlando Valdez.

SOPHOMORE BASEBALL

Front Row: Dusty McAninch, Ben H[illegible], Jacob B[illegible], Luke Davis, Josh Myers. Row [illegible]: Aaron Degeev, Trevor Beals, Thomas [illegible], Karl Althaus, Brett Tovera, Ryan Brouwer. Back Row: Logan Miller, Coach Martin Luft, Ryan Reams, Coach Steve Cipperley, Ben B[illegible]. Not Pictured: Michael Koehler, Joey Peterson.

FRESHMAN BASEBALL

Front Row: Tanner Luft, Joe Anderson, Mykeal Shade, Antonio Nizzi, Jake Belcher, Sean Logan. Row 2: Jake Hastings, Matt Widlund, Chris Sullivan, Austin Elder, Colton Collins, Cody Bosley, Gage Rhodes, Tim Bolander. Back Row: Vincent Jefferies, Eric Feldman, Coach James Gihoo, Coach Carl Drautz, Coach Buster Rounds, Scott Jensen, Mike Boyd.

JV BOYS SOCCER

Front Row: Gene Beakler, Chris Lopez, Methta Manyvong, Tanis Sotelo, Tim Kommavongsa, Orlando Valdez, Austin Elder. Row 2: Sobe John, Jose Rodriguez, James Wells, Brian Heaberlin, David Vilavong, Luis Gomez, Jesus San Elias, Rock Phetdavong. Back Row: Mgr. Brooke Van Gundy, Danny Sanchez, Abdulsalam Abubaker, Coach Christian Ezel, Ryan Fitzgerald, Justin Rice, Adam Van Helton. Not Pictured: Chris Casillas, Omar Merced, Edgar Delgado, Derek Khamma, Humberto Lechuga, Alex Luna, Luis Siordia.

JV SOFTBALL

Front Row: Stephanie Brown, Tris Robbins, Kirsten Robinson, Kelcey Young, Karen Sawhill, Kelli Sawhill. Row 2: [illegible], Jennifer McDaniel, Heather Kingen, Makanani Scarlett, [illegible], Jennifer Radley, Jennifer Davison, Asst. Coach Sami Baugh, Coach Thana Heller, Mattison Sellers, Kylie Vry.

FRESHMAN SOFTBALL

Front Row: Jamie Belcher, Kelsi McCuen, Amanda Roth, Samantha Roth. Row 2: Tiffani Gutierres, Allison Carrick, Brittany Grochala, Jenny Sullivan, Heather Kingen. Back Row: Marinetta Rankins, Missy Ulmer, Coach Lowell Long, Makanani Scarlett, Asst. Coach Brett Collins, Mattison Sellers, Kylie Vry.

JV GIRLS SOCCER

Front Row: Lyssette Lopez, Alyssia Rivera, Alyssa Mounphoxay, Dalila Carrasco, Sofia Munoz, Julia Baray, Christina Tharp, Diamona Lovan. Row 2: Andrea Torrez, Hannah Grim, Melissa Say, Chelsea Crooks, Nikoma Palik, Monica Mom, Sarah Lown. Back Row: Emma Diver, Head Coach Brad Ballard, Abigail Campbell, Asst. Coach Libby Wilrich, Gabriela Aguayo.

VARSITY SOFTBALL

Front Row: Angie Baumeister, Karen Sawhill, Jessica Beavers, Ashlee Petersen, Kim Robinson, Kelli Sawhill. Row 2: Nicole Kouri, Carrie Hatfield, Amanda Enochs, Jessica Cockerham, Jennifer McDaniel, Samantha Waters. Back Row: Whitney Fink, Asst. Coach Thana Heller, Asst. Coach Samantha Baugh, Coach Bob Ligouri, Asst. Coach Bob Savage, Asst. Coach Jerry Collins, Amanda Zust. Not Pictured: Jennifer Radley, Missy Ulmer, Kylie Vry.

VARSITY GIRLS SOCCER

Front Row: Cassi Bainter, Laura Vasquez, Laura San Elias, Sarah Perkins, Breann Whitaker, Jennifer Reedholm. Row 2: Jennifer Cantwell, Rachel Diver, Lisa Collogan, Nicole Waldron, Katilin Brown, Cristal Arroyo, Rebecca Hurley. Back Row: Silvia Aguayo, Giao Nguyen, Head Coach Brad Ballard, Meredith Breton, Asst. Coach Libby Wilrich, Jessica Cantwell, Gianni Beer.

Scarlet Sports

BOYS TRACK

Front Row: Stuart Hall, Amora Soma, Dorian Minter, Nicholas Bunce, Justin Duckworth, Ben Rokes, Dane Douch, Chris Bennick, Robert Thompson, Tim Bolander. Row 2: Travis Scott, Aaron Jordan. Dewey Heberlin, Jamal Birch, Kirk Carter, Terrance Lovelady, Doug Rowe, Chris Miller, Niel Issa, Daryl Saunders, Matt Grochala. Third Row: Elija Seymour, Logan Miller, Jeremy Lewis, Asst. Coach Don Starcevich, Coach Mel Green, Asst. Coach Williams, Asst. Coach Lewis, Tyrone Johnson, Andrew Strahl, Doug Feldman. Back Row: Royce Phillips, Steven Greene, Luke Bolander, Peter Cooper, Josh Eaton, Brandon Brown. Not Pictured: Jeremey Amerison, Wichang Chaweeh, Demetrius Frazier, Ben Hurley, Justyn Miller, Marty Mohler, Issac Nelson, T.J. Page, Allen Van Gundy.

GIRLS TRACK

Front Row: Roxana Ferreyro, Elyse Logan. Row 2: Jennifer Lyon, Rebecca Phillips, Carissa Smith, Carissa Hibben, Nicole Kouri, Meaghan Bruner, Crystal Larson, Shannon Wagner, Chekesha Clark, Sharmaine Lee, Natasha Brumbaugh. Row 3: Arcelia Rohles, Lynn Chan, Jessica Tran, Kaeli Helm, Ashley Botts, Sarah Wignall, Shelhy Speck, Myra Weatherall, Katherine Sorensen, Lacey Bergan, Amy Flaherty, Chantell Moody. Row 4: Narelle Buffalo, Brooke Wilber, Carrie Hatfield, Mindy Carey, Laurel Murphy, Mgr. Audriana Lu, Jorden McGriff, Kianna Colton, Morgan Roland, Mallory Johnson. Back Row: Breanna Fousek, Katie Smith, Amanda Enochs, Kenesha Heard, Tia Mays, Asst. Coach Kenneth Morton, Coach George Davis, Asst. Coach Greg Morse, Asst. Coach Robert Bagley, Tiara Mays, Courtney Smith, Jennifer Radley, Kayla Koeppen, Jetoya Edwards, Addison Speck, Mary Lee Adams. Not Pictured: Jodi Housley, Yadira Marroquin, Nikki Rohhins, Tricia Robhins, Marti Sanford.

WRESTLING

Front Row: Ben Rokes, Matt Webb, Taylor Miller, Nate Williams, Tommy Brugioni, Johnny Coleman, Kyle Slinger, Jordan Henkle, Zak Laird. Row 2: Sasha Rumage(mgr.), Stanley Fredericksen, Dusty McAninch, Cody Price, Brian Hensley, Eric Thavonekham, Ethan Kouri, Kayse Barker(mgr.). Row 3: Katie Price (mgr.), Mike Leach, Robby Hardwick, Asst. Coach Scott Rourke, Coach Larry Jackson, Asst. Coach James Giboo, Johnny Wentland, Micheal Carolus, Chauncey Skeffington (mgr.) Back Row: Karl Althaus, Bryant Reynolds, Jamel Bolden, Bojan Djukic, Elija Seymour, Bryan Loftus. Not Pictured: Anthony Cross, Jake Hastings, Dalton Price, Calah Rustan, Jose Sanchez, Andres Terrones, Cody Tolkan.

BOYS TENNIS

Front Row: [illegible] Nguyen, Andy Se[illegible], [illegible], Jesse [illegible], Olav Thipvothin, Devin Cipp[illegible], [illegible], Thinh Luong. Back Row: [illegible] Smith, [illegible] (dropped), Coach Randy Barrick, Dusty McAninch, [illegible] Aykers, Bre[illegible], Michael Hickman. Not Pictured: Anthony [illegible], Cody Price, D[illegible] Price, Cody Wre[illegible], Nick Wre[illegible]

GIRLS TENNIS

Front Row: Jiear Vang, Paulina Escobedo, Sisamone Thammaroth, Anousone Sengirivanh, Dana Troyer, Mary Son, Samantha Cani, Rachel Troyer, Sunny Bounyalath. Row 2: Seashia Vang, Catherine Coleman, Kelsey Anderson, (dropped), Jami Bowen, Sunny Sengaphone, Ana Diaz, Trista Johnson, Naly Bounyalath. Row 3: Brenda Aquirre, Taryn Brumm, Allison Davies, Taylor Miller, Coach Lorene Nelson, Kortney Stevens, Mena Ly, Katie Sturtz, Vililack Kheuakham. Back Row: Iliana Raygoza, Sydney Williams, Nataleen Sakakhnone, Genesis Beltran, Kelsey Treen, JaRae Shelton, Samantha Mila, Lacey Leichliter, Sandra Smith.

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Meredith Breton

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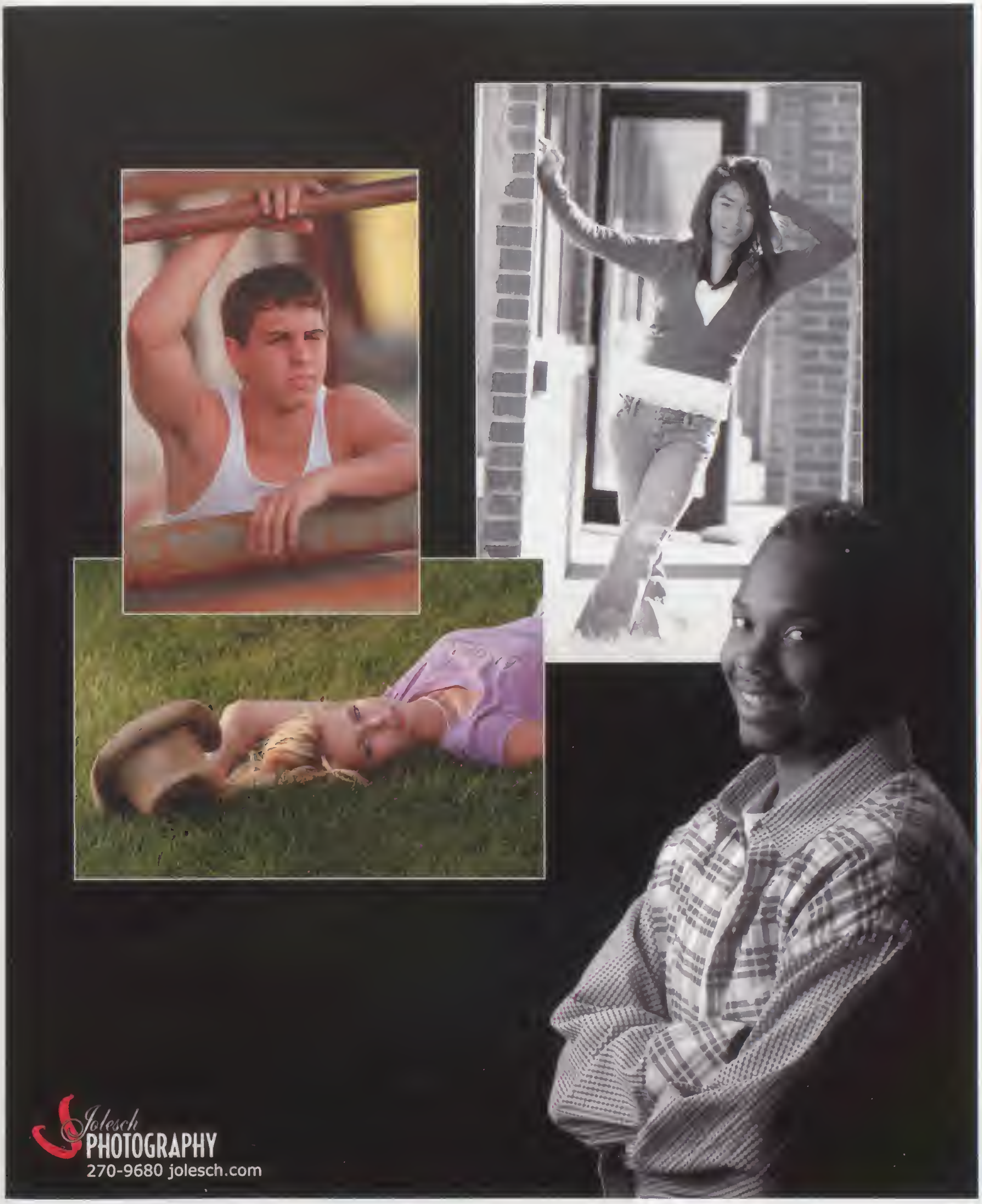
A blessing from above,
A daughter brings a special joy
That fills you deep inside,
and as she grows to woman hood
she fills your heart with pride
It seems like only yesterday you were our baby girl, and now
you have grown into a young woman.
We are so proud of you and all of your accomplishments.
We are so blessed to have you as a daughter, you were truly
a gift.
Congratulations,
Love always
Mom and Dad



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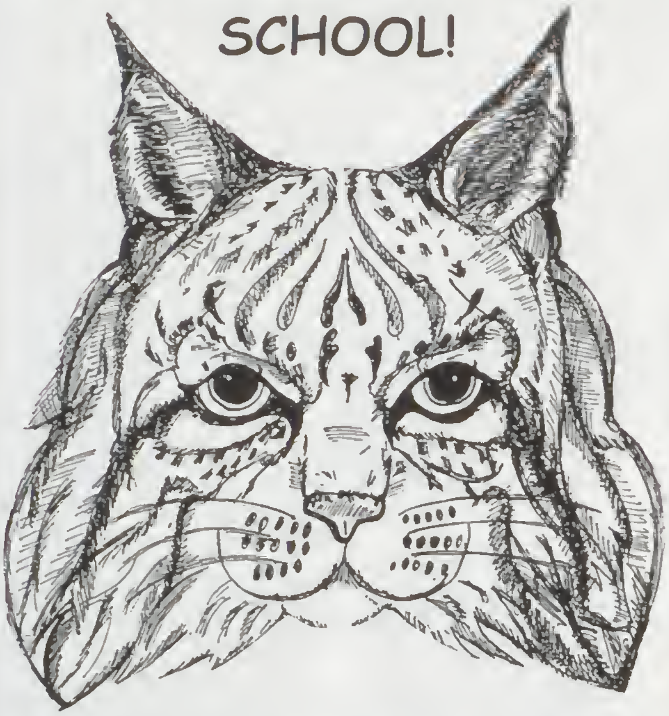

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Pat Bannon*

*Rebecca Miller
Nancy Christy*

Congratulations Malory!

How can it be that when we bent to kiss you good night?
Our daughter, a beautiful young woman
Lay where only yesterday a little girl had been?
When did the barrettes and ponytail ribbons,
Of birthday party days give way to the styling comb and make up mirror of Saturday night dates?
Was it not only yesterday, crayons of all colors laid upon the table where now bottles of nail polish rest?
How can it be the buggy you filled with so many dolls
Has been pushed aside and now suitcases are filled instead
Did you ever know the finger you wrapped yourself around was tied right to my heart?
It seems as though the ink has just dried on the pages of your baby book
And here we are laugh over the pages in your year book
How did the ballet slippers of a little girl become the high heels of a young woman on her way?
Such a little while ago you cried, "Mommy, I'm scared"
and now you whisper "Mom, don't worry, I'll be fine"
When did the teddy bear you hugged all night become the photo of someone you've chosen for life?
How can it be the smell of baby powder turned instead to the scent of perfume?
The giggles of a little girl became the tears of a teen
And the roses tiny fingers picked were treasured like the petals of a prom bouquet?
Wasn't it only yesterday ruffles and tea parties colored my world pink and today?
A new address and a good-bye kiss stain my world blue?
How did it happen so quickly and when we stop to realize all our golden tomorrows
Will bask in the memories of pink yesterdays
Thank you Lord for pink, yesterdays
Love, Mom and Dave

Mom, Debbie Hiatt '84

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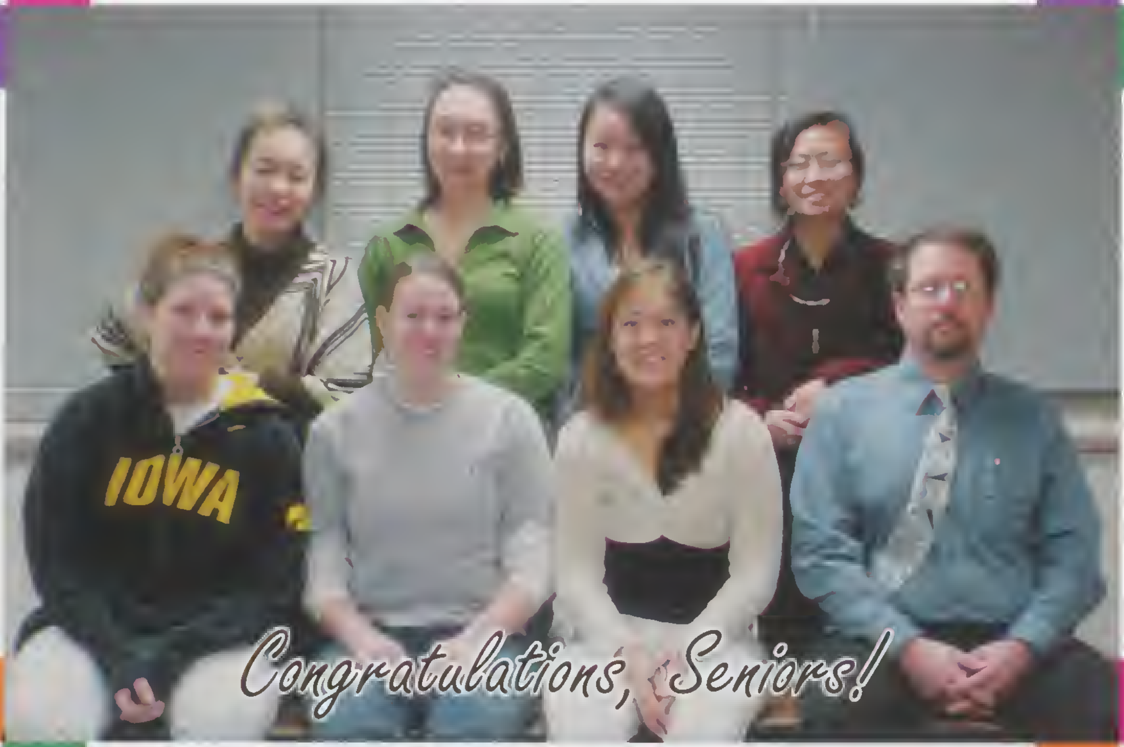

Congratulations, Seniors!

Front Row: Sara Strock, Heather Alexander, Nataleen Sakakhanone, Sponsor Samy El-Baroudi. Back Row: Seashia Vang, Dania Valyeva-Hackett, Qing Lin, Sunny Bounyalath.

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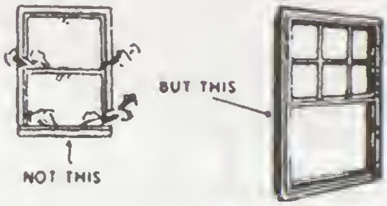

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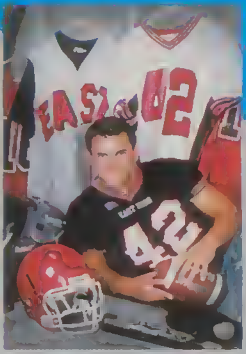
MATT-

[illegible] BLE YOUNG
[illegible] HEART
[illegible] TO KNOW
[illegible] RE MY SON
[illegible] ELIEVE THE
[illegible] U IN IT.
[illegible] OU
[illegible] AIR
[illegible] KE YOU
[illegible]

[illegible] MORIES OF
[illegible] AS EACH DAY
[illegible] INCREDIBLE
[illegible] UCH
[illegible] AND
[illegible] YOU ARE
[illegible]

LOVE MOM



Matt-
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Dad and Annette

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Good Luck, Emilie!
Love, Mom, Dad, Abbie, and Mollie.
Don't forget about me, Brian

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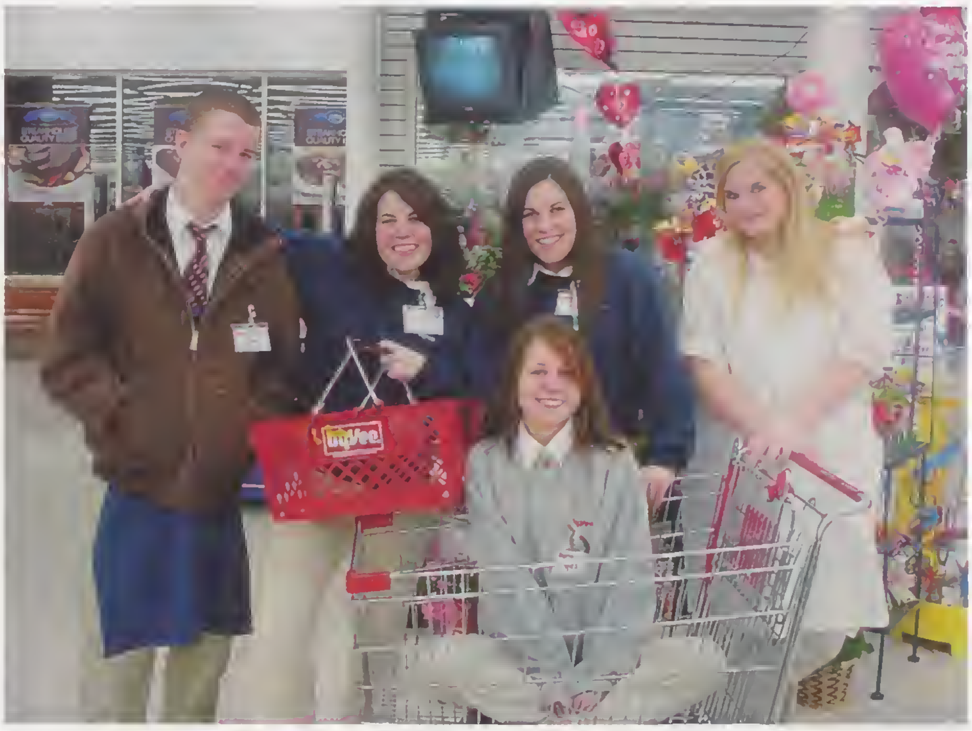

Todd Appleby, Karen Sawhill, Kelli Sawhill, Channing Quinn, Breana Murray.
Not pictured: Ashley Steben, Nefateri Carson, Kashif Carson, Jennifer Jones, Jessica Jones, Megan McElderly, Aaron Peek, Alex Heggen, Carter Scheieffer

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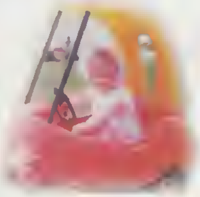
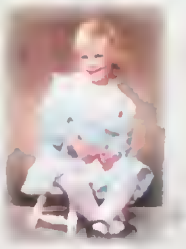


The years have flown by. We can't believe that our little girl is soon on her way to college and the next part of her life. We have watched you grow from this little girl full of hugs and smiles, to a very caring and responsible young lady. Amanda, you made some goals for yourself, you worked hard and had the determination to do so, and you accomplished them. We have the confidence in you Amanda, and know that you will accomplish whatever you put your mind to, and your heart in. Don't let anything or anyone stand in the way of your dreams.



Amanda, remember we love you and are behind you all the way. We will be watching you follow those dreams all the way to the University of Iowa.

We love you!
Mom & Dad
xoxo

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Josh~

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Now as you graduate, we want you to know
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A project began in '[illegible]
As a brown-eyed boy on August [illegible]
Determined to make his presence known
He entered the world to take it [illegible]

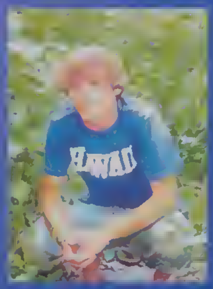
The promise of unending activ[illegible]
When in kindergarten h[illegible]
Years of work a[illegible]tience was s[illegible]
[illegible] our project gr[illegible]

He's full of life, exuberant and bright,
In a sometimes dark world he's a beacon of light
He's entertaining with his comical ways
And kept things from being too boring or [illegible]

With faith in [illegible]
This [illegible] has shown [illegible]
From his friends he has led to [illegible]
To those he has counseled to [illegible]
For [illegible] he encoura[illegible]
On paths that will [illegible]

A delight as a boy, he's growing into
A young man with dreams and goals anew
In this unending [illegible] joy we've foun[illegible]
A young man who's ready to [illegible]

Class of '06



Congratulations, Jacob—
We love you. Mom, Dad

Congratulations

Kyle!

To my son,
I'm so very proud of you
and your accomplishments.
I wish you the very best in
achieving your dreams and
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Love,
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Katelyn,
Words cannot express how proud we are of you! You have blossomed into a beatiful, smart, mature young women right before our eyes. Congratulations!
Mom, Dad & Ashley

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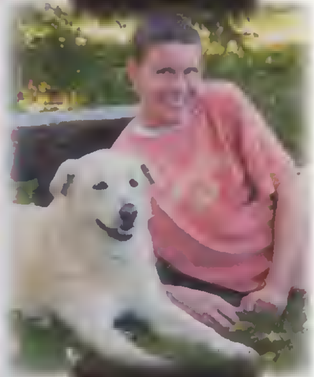
I am VERY proud of the man you've become! Be strong and you can achieve in everything you do!

Love,
Mom



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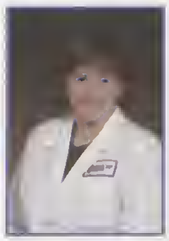

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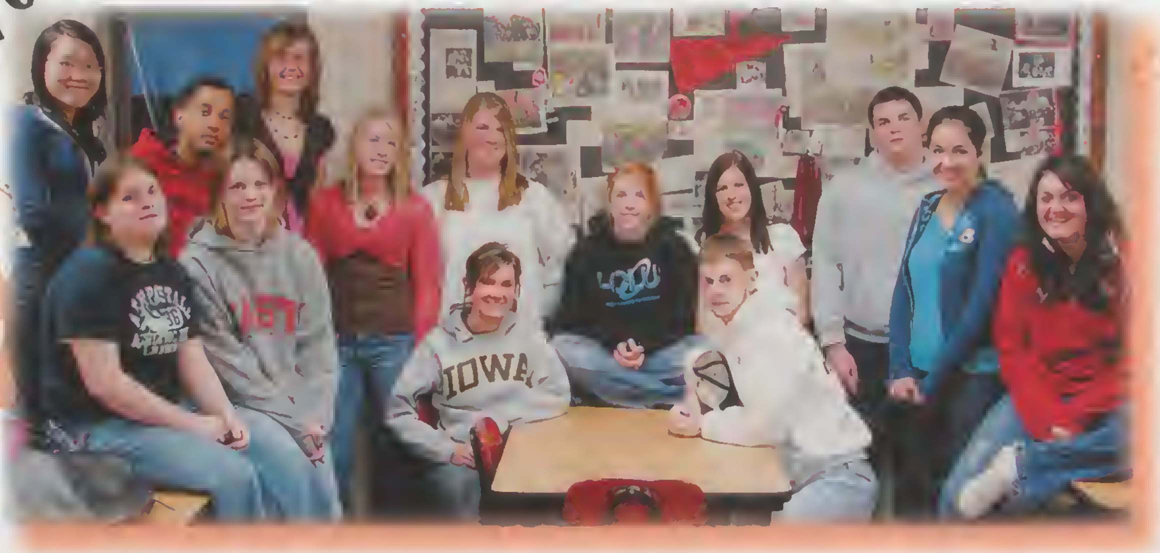

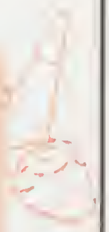

PEP E SENIORS. Front Row: Tessa Hartman, Malory Murphy, Jenna Crum, Justin Denham, Ashley Hughes, Meredith Breton. Back Row: Angie Lin, Darron Haygood, Jenna Doty, Mallory Johnson, Amanda Zust, Jessica Cockerham, Nicole Freel, Matt Grochala.

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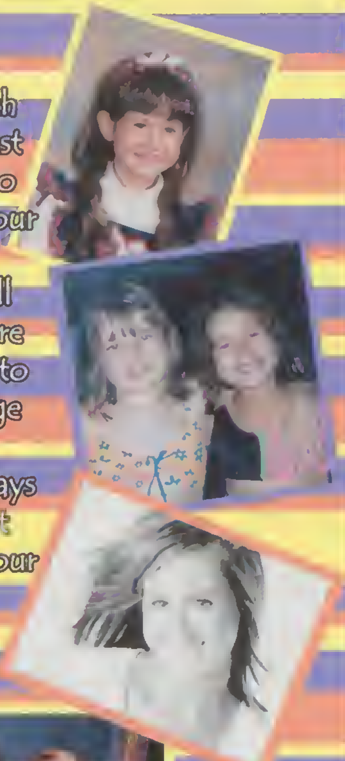
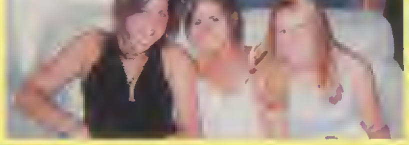
Jenna,

You have given us so much joy and happiness in the last eighteen years. We have so many special memories in our hearts of watching you grow and all the fun you have had. There are many more memories to make. Work hard at college and have a great time. Remember that we will always be there for you, and that you will never be far from our hearts.

We love you,
Mom and Dad





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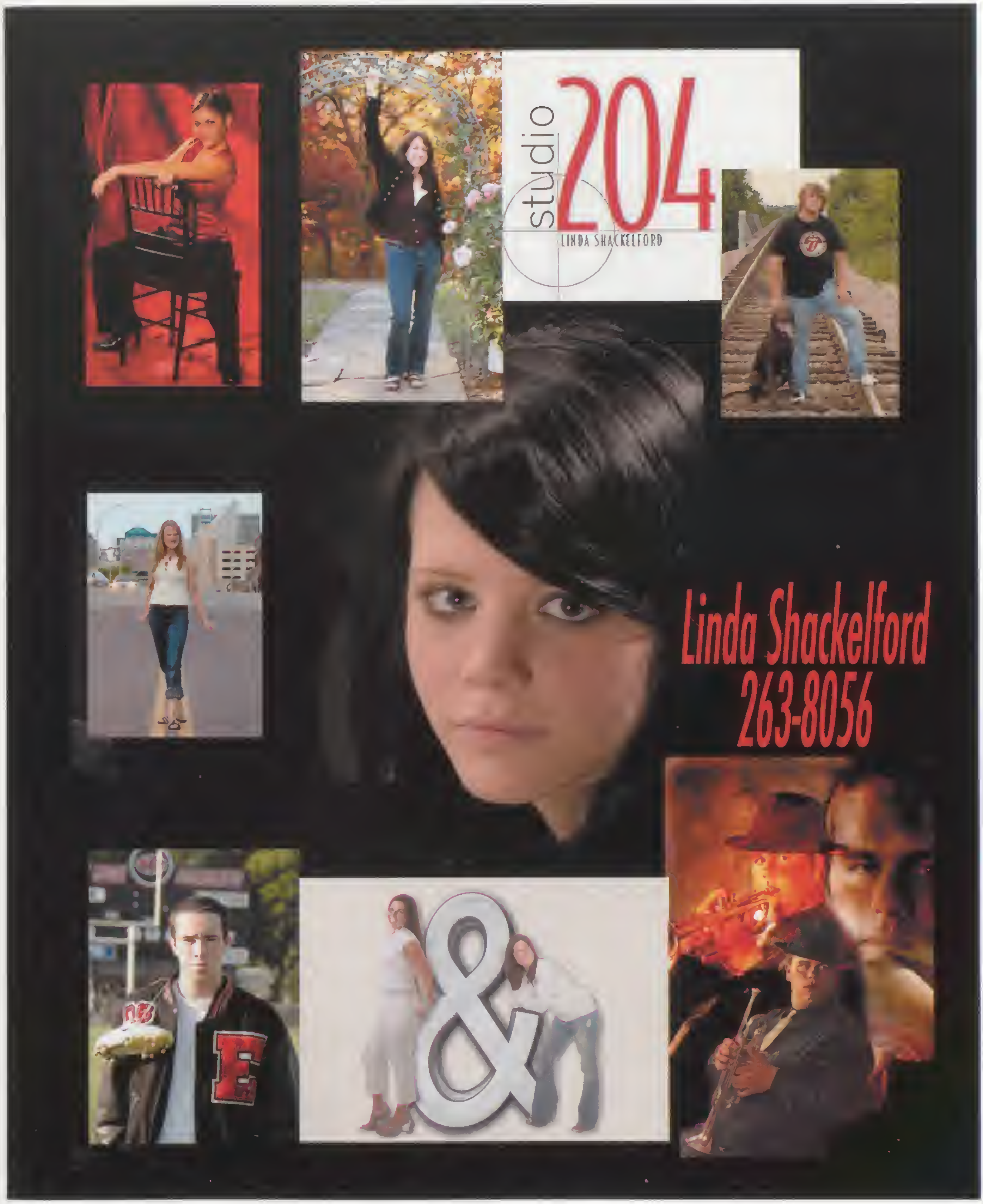
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I'm following the path God laid for me.
I took his hand when I heard him call
I turned my back and left it all.
I could not stay another day
To laugh, to love, to work or play.
Tasks left undone, must stay that way
I've found that peace at the close of day.
If my parting has left a void-
Then fill it with remembered joy
a frienship shared, a laugh, a kiss.
Ah yes, these things I too will miss.
Be no burdened with times of sorrow
I wish you the sunshine of tomorrow.
My life's been full, I've savored much
Good friend, good times,
Perhaps my time seemed all too brief
Don't lengthen it now with undue grief.
Lift up your heart and share with me
God wanted me now; He set me free!

[illegible]

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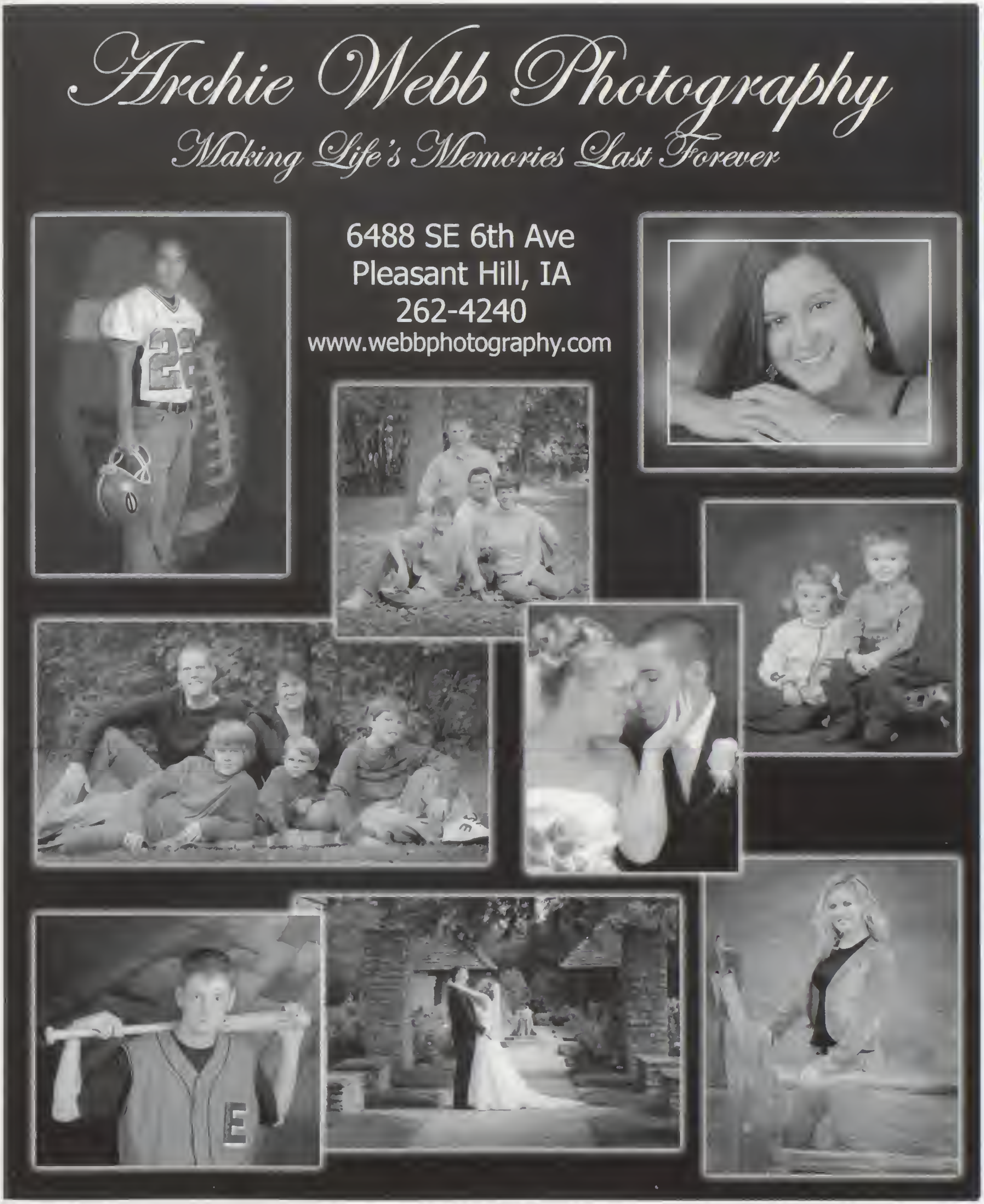

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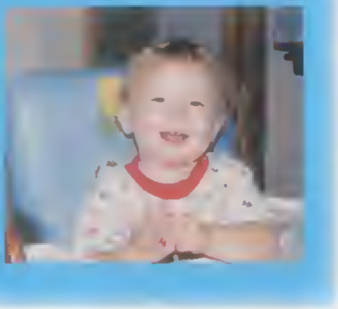
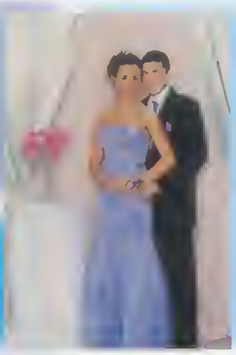


Believe in the incredible power
Of the human mind
Of doing something that makes a difference
Of working hard
Of laughing and hoping
Of lasting friends
Of all things that will cross your path
Let your heart guide you to the start of something new
That brings the hope of something great.
Anything is possible
There is only one you
And you will pass this way but once.
Do it right
Follow your dreams

We Love You Always.
Mom, Steve, Travis, Tiffani



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Kasadee

It seems like yesterday you were our
beautiful little girl
whose smile and personality lit a room
with hugs that filled our hearts.

Time has sped by and now you're
a beautiful young lady,
graduating and moving on to the next
chapter of your life.

Class of 2006

Live life to its fullest.
Be true to yourself.
Be happy and always smile,
you still light up a room.

We Love You
and are so proud to call you
our daughter and sister.

Enjoy lifes' journey, Kasadee.
We will always be here for you.

Love Dad, Mom
and Mattie

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She's laughter, warmth, and special charm,
She's thoughtfulness and love.

Where did the years go?

We are very proud of you!
Our Love Always!
Mom, Dad & Michael

Genesis

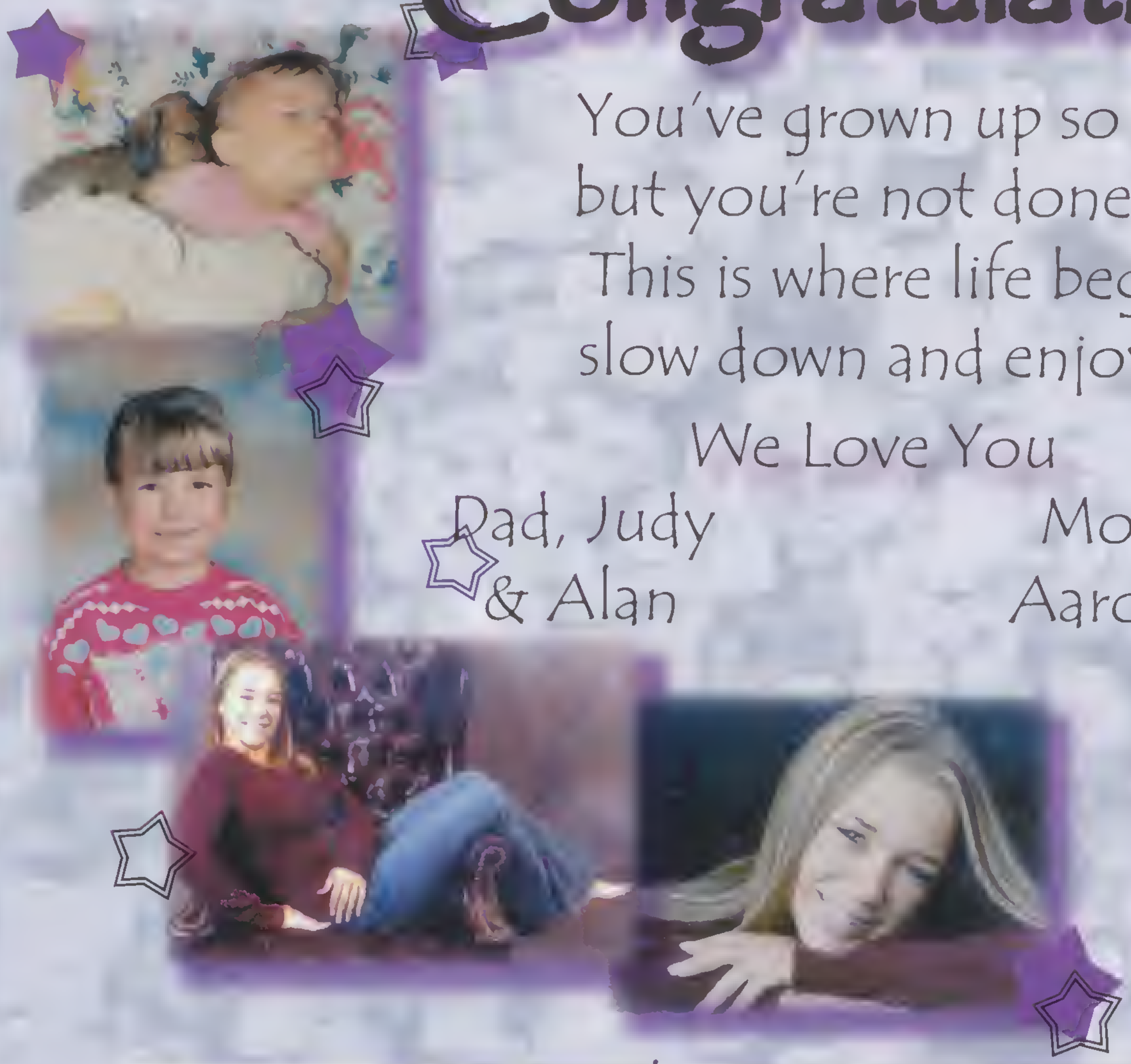
In the beginning God gave us a beautiful baby girl. He has blessed us with you and we are so thankful for the gift. We are so proud of you and know that you will make all of your dreams come true. We will do everything to help you achieve them.

Congratulations!
We love you!
Dad, Mom, Jr.,
Yeltsin, Jailene

Hija, tu familia se siente muy orgullosa de ti. Sigue adelante, sabemos de tu capacida e inteligencia para logar tus suenos. Siempre podras contar con nuestro apoyo, hoy manana y siempre.

Felicidades! Te Amamos!

Congratulations



You've grown up so fast,
but you're not done yet.
This is where life begins
slow down and enjoy it.

We Love You

Dad, Judy
& Alan

Mom, Webb
Aaron, and Lisa

Congratulations Nikki

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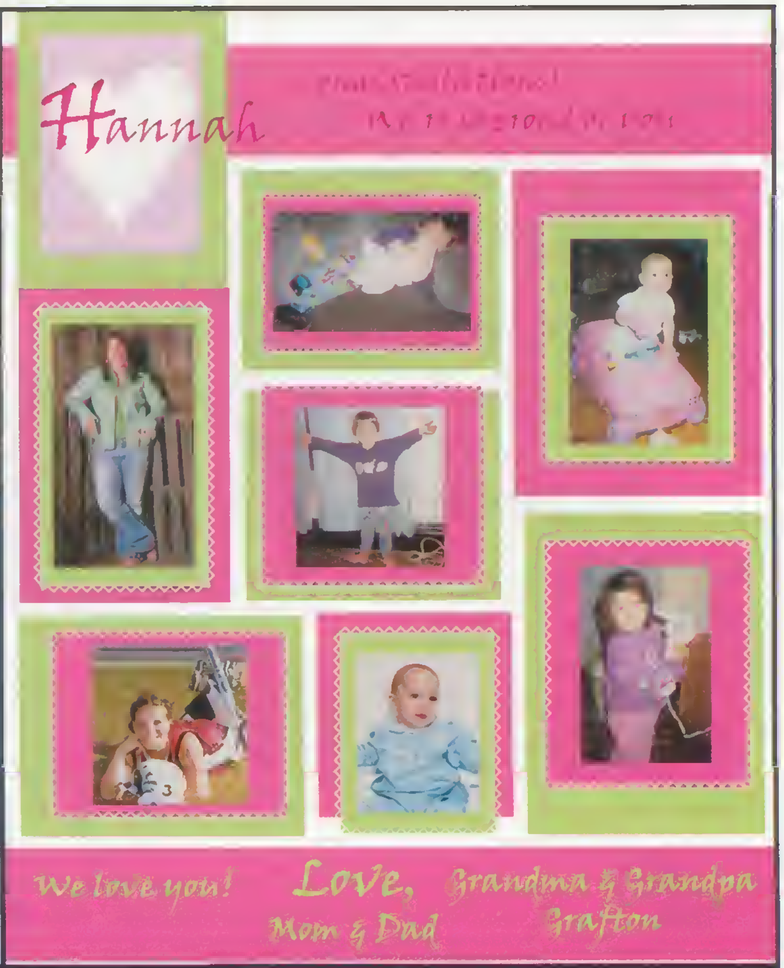

Hannah
[illegible]
[illegible]

We love you!
Love,
Mom & Dad
Grandma & Grandpa
Grafton

Nick

You have worked hard and achieved some of your goals with others still a reach away. Your hard work, discipline, focus, and leadership have all been instrumental.

Welcome to the next phase of your life as the bar rises. The challenges are greater, the work is tougher, and your commitment must be stronger than ever.

We are so proud of you and all that you have accomplished! You have grown into a fine young man and we wish you the best!

Love
Mom, Dad, & Katelin

Congratulations Seniors!!!

Way to go SCARLETS!!!

Your principal,

Mr. Zelenovich

EHS

Senior Class Officers

Motto:

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Congratulations, Class of 2006!

Acknowledgments

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Special Thanks:
The staff is grateful to teacher Marty Mohler and his photo students for their contributions. Special photo thanks also to Archie Webb Photography in Pleasant Hill, Iowa.

Colophon

The Herff Jones yearbook plant in Mission, Kansas produced 1000 copies of the 2006 Quill.
The 296-page book was completed on March 15.
Nineteen staff members put together the 290-page spring-delivery book on 80lb. Bordeaux paper.
The lithograph cover has the applied colors of scarlet and black. Endsheets are printed with a 4-color process on white Vibracolor paper stock. The 8.5" x 11" book is printed with offset lithography and is smyth-sewn, rounded and backed.
The majority of the copy throughout the book is 10-point Garamond.
The book was produced digitally and all pages were submitted on CD disks using 17 Dell PC computers and the applications Microsoft Word and Adobe's Photoshop and InDesign CS.
Books were sold from September through November for $40.

Essence: The qualities that made this year what it was, the basic nature of a Scarlet. It is the heart, the soul, the core of what we were and are.

As *Scarlets*, our qualities set us above the rest. We exude pride, determination, and spirit.

We wore our *PRIDE* on our sleeves. Decked in red, white, and black, we achieved dignity.

Determined in all we did, we strived for excellence. We had the *DETERMINATION* to excel: in sports, two wrestlers qualified for state; in academics, fifth in state at the Academic Decathlon; and in organizations, Color Guard was fifth in state competition.

Our *SPIRIT*, our backbone, was not broken. We were and are a family and supported each other in all we did.

The essence of the East High community is what makes us proud to be...

Scarlets!

the Essence of a Scarlet

The Essence of East

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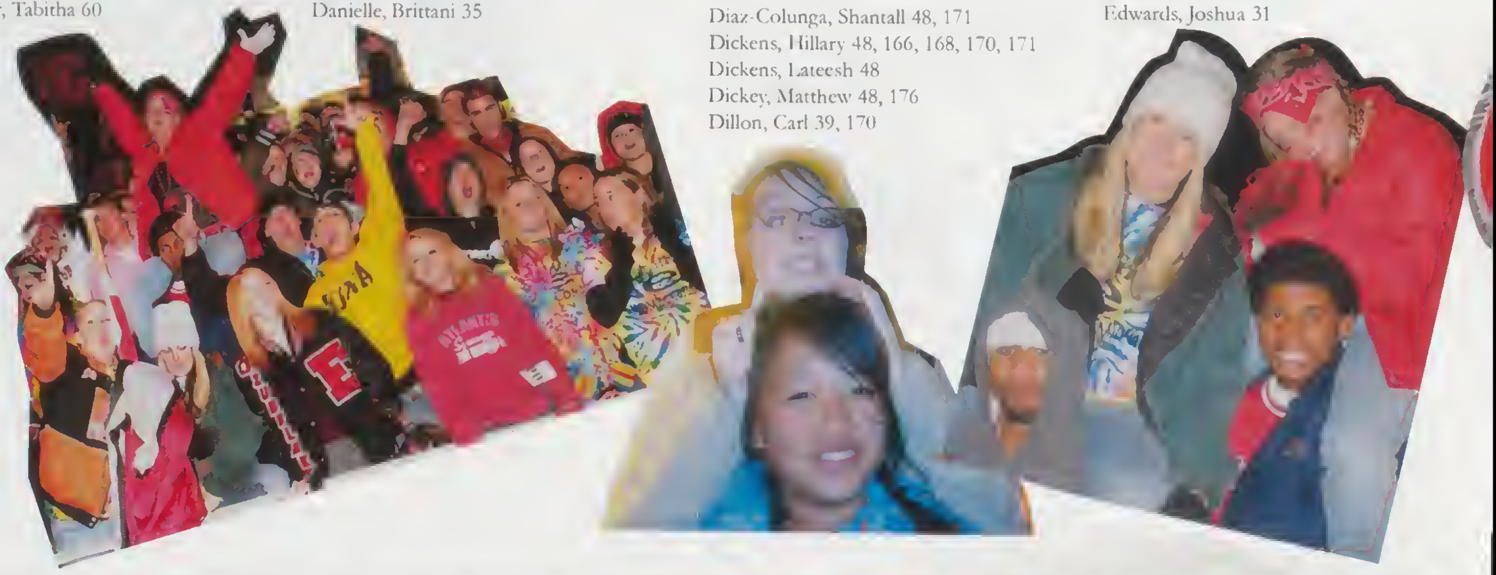

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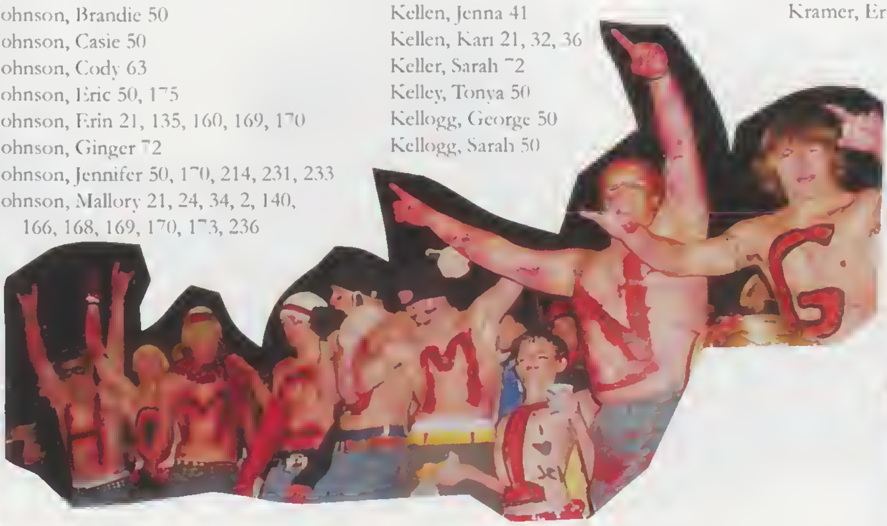

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A Sign of the Times

Current Events

- Hurricane Katrina
- The war in Iraq
- Rising gas prices
- Debate on TouchPlay machines
- Port security issue
- Abortion declared illegal in North Dakota

Celebrities

- Jessica Alba
- Chris Brown
- Lindsay Lohan
- Chad Michael Murray
- Reese Witherspoon
- Heath Ledger
- Hillary Swank

Grammy Winners

- Song of the year:
  "Daughters," John Mayer
- Rock Album:
  "American Idiot," Green Day
- Rap Album:
  "The College Dropout," Kanye West
- R&B Album:
  "The Diary of Alicia Keys," Alicia Keys

Movies

- King Kong
- Walk the Line
- Harry Potter IV
- Wedding Crashers
- Brokeback Mountain

TV

- One Tree Hill
- Laguna Beach
- Gray's Anatomy
- Cheer Nation
- Lost
- American Idol

Price List

a gallon of gas:
$2.19

a can of pop:
$.85

a loaf of bread:
$1.59

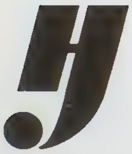
peanut butter & jelly:
$1.79

a carton of eggs:
$1.39

a gallon of milk
$2.82

Autographs

Essence



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they will stay with us always...

Class of 2006

School
2006

the times we've had together,

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